ਗੁਰਮੁਖ ਗਾਡੀ ਰਾਹੁ ਚਲੰਦਾ ॥

The Gurmukhs Tread on Such a Highway (of religious life).

THE EVERYDAY & BEYOND

creating a better life, one day at a time

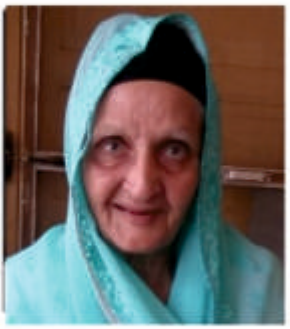
BHUPINDER SINGH KOHLI

Odyssey into community work,
flagged off early on,
has continued to this day.
It has cut a wide swathe,
ranging over service to orphanages,
old age homes, handicapped children,
underprivileged and disadvantaged sections.

With the Blessings of

My Beloved Parents

S. JAGJIT SINGH KOHLI



JOGINDER KAUR KOHLI

03-01-1958 — 15-05-2017

THE EVERYDAY & BEYOND

I would like to acknowledge a debt of gratitude to my family, friends, teachers and well-wishers. This book would not have seen the light of day but for their sustained encouragement and support.

Besides, I add my cordial thanks to esteemed readers who perused and appreciated my regular weekly articles which, incidentally, have been curated and compiled into book form every year since 2019. Further, I would like to record my indebtedness to the noble-hearted dignitaries who helped me with their notes and observations, and also offered their valuable guidance. Likewise, my warmest thanks to my worthy publishers.

My dear, departed wife, late Sardarni Bhupinder Kaur Kohli, is constantly in my thoughts as I set out to publish this latest version of my work. It was her unstinted affection and inspiration, not to speak sacrifices and services, that motivated me to put pen on paper. The present publication is dedicated to her on her *'PUNYATITHI'* {Death Anniversary}, and is my humble homage to her cherished memory.

Need I say that love and blessings of my parents, and the grace of Almighty, brought my efforts to fruition in the shape of this publication.

I would like to reiterate my sincere thanks to one and all.

IN SERVICE OF HUMANITY

BHUPINDER SINGH KOHLI

ghanaiyaji@gmail.com

http://www.sikhiwiki.org/index.php/Bhupinder_Singh_Kohli

सिमरन कौर, IPoS
निदेशक, डाक सेवाएं (मुख्यालय),
महाराष्ट्र परिमंडल,
मुंबई.

सत्यमेव जयते

Simran Kaur, IPoS
Director, Postal Services (HQ),
Maharashtra Circle,
Mumbai.

PREFACE TO THE 5th EDITION

It has been over a decade since I first had the pleasure of reading *"The Everyday & Beyond"* compiled by S. Bhupinder Singh Kohli. In the years since that second edition, much has changed in our world—yet the core tension Kohli so delicately captured remains as urgent as ever: the delicate balance between human pleasure and human plight, between lavish excess and desperate need.

Returning to this work for the fifth time, I find that Kohli's cynicism has not softened, but has deepened into a wise and compassionate realism. His love for society—flawed, unequal, and yet full of quiet heroism—continues to shine through every page. What was once a glimpse within the walls of our life has now become an open window. The undecided, the forgotten, and the overlooked are no longer shadows in the margins; they are named, witnessed, and held up with dignity.

The dichotomy he first presented remains painfully true. On one side, there are those who live not just with essentials, but with desires fulfilled—luxury, comfort, and choice. On the other, millions still lack shelter, food, and clothing. Kohli has never pretended that literature alone can make the impoverished opulent. But he has always argued—and this fifth edition proves—that storytelling can awaken us to our shared humanity. To help another person achieve the essentials of life is not merely charity; it is a noble endeavour, perhaps the noblest.

We continue to live in a world with overwhelming humanitarian needs. The ancient wisdom from the Bible still echoes across centuries: *"Whatever you have done to one of the least of these my brothers and sisters, you have done it to me."* Kohli's work is a living testament to that truth. Through these pages, he shows us practical and creative ways to serve those around us—not out of obligation, but out of love. To serve God by serving His creation, to learn the traits of service through example and through willing, loving action—these are not abstract ideals. They are the very fabric of the stories collected here.

What has always set this book apart is its insistence on complete involvement. Kohli reminds us that half-hearted giving changes no one. But when we engage ourselves fully—in service, in sacrifice, in presence—possibilities open that we have never imagined. The personal stories in this fifth edition are more heartwarming than ever, not because the world has grown kinder, but because the acts of kindness within these pages have multiplied.

It is a rare privilege to witness a book grow across five editions without losing its soul. "The Everyday & Beyond" has matured like a trusted companion—more weathered, perhaps, but wiser and more tender. I convey my deepest respect and warmest best wishes to S. Bhupinder Singh Kohli for this fifth edition. May it find its way into the hands of those who need to be moved, and may it move them to act.

Regards,

Simran Kaur

(Simran Kaur)

भारतीय डाक
India Post

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خانه فرهنگ جمهوری اسلامی ایران موسای

Culture House of The Islamic Republic of IRAN Mumbai

Ref: 51/10/415

Date: 26/03/2026

Dear Shri Bhupinder Singh Kohli,

I was pleased to receive your book, The Everyday & Beyond, and to spend time reflecting on its ideas. The work presents thoughtful perspectives on human values, self-awareness, and the importance of leading a balanced life.

The inclusion of teachings drawn from the Guru Granth Sahib Ji, Bhagavad Gita, and the Bible brings together diverse spiritual traditions and highlights the shared principles that connect humanity. The brief, relatable examples throughout the book convey messages of compassion, integrity, and social responsibility in a simple and effective manner.

Your references to influential figures such as Mother Teresa, Jim Rohn, the Dalai Lama, Maharishi Patanjali, and Swami Vivekananda add depth to the narrative, encouraging readers to reflect on personal growth and meaningful contribution to society.

The emphasis on overcoming challenges such as ego, anger, greed, lust, and attachment offer practical guidance for cultivating a disciplined and mindful way of life. These reflections make the book relevant for readers seeking both personal and ethical development.

It is commendable that you have taken the initiative to share such constructive and value-oriented thoughts. Your work contributes positively to promoting awareness, reflection, and a sense of responsibility in society.

I convey my best wishes for your continued efforts and future endeavours. I trust that your work will continue to engage and benefit readers.

With regards,

Mohammad Reza Fazel
Director
Culture House of the Islamic Republic of Iran -Mumbai

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Bhupinder Singh Kohli: A Life Guided by Service

By Felicidad Eme A. Rathore
March 14, 2026

"The hands that serve are holier than the lips that pray."

Bhupinder Singh Kohli is a man who often describes himself as ordinary, yet his life reflects an extraordinary dedication to humanity. Professionally, he served in the banking sector with the State Bank of India. Beyond his professional responsibilities, however, he devoted much of his life to serving those in need, guided by the Sikh principle of Seva — selfless service to humanity.

The roots of his humanitarian journey can be traced back to his childhood. Growing up in a home where compassion and generosity were practiced as natural expressions of life, he learned early that the suffering of others cannot be ignored. His mother in particular played a significant role in shaping his values, encouraging acts of kindness such as sharing clothing, medicines, and food with those who had less. For Bhupinder Singh Kohli, spirituality is not confined to prayer or ritual alone. In his understanding, true spirituality must manifest in action — in helping those who are vulnerable, distressed, or forgotten. The Sikh concept of Seva became the guiding philosophy of his life: to serve without expectation of reward, recognition, or personal gain.

Over the years, he translated this philosophy into practical humanitarian work. His approach to service has always been direct and personal, responding to emergencies where timely assistance could make the difference between life and death. For him, such acts are not extraordinary gestures but natural responses to human suffering. A central belief guiding his work is that meaningful change does not require wealth, authority, or large institutions. Even a single individual, he believes, can initiate a movement of compassion. One sincere act of service can inspire many others to join in helping those in need.

Despite receiving recognition and awards for his humanitarian contributions, he continues to maintain a spirit of humility. He often refers to himself simply as a Sewadar — a servant dedicated to the welfare of humanity. His life reminds us that compassion expressed through action can transform lives. Through consistent and selfless service, Bhupinder Singh Kohli demonstrates that the highest expression of spirituality may simply be the willingness to stand beside another human being in times of need.

In this sense, his journey reflects the very spirit of "The Everyday & Beyond"—the understanding that extraordinary impact often begins with the simplest acts of kindness performed with sincerity and devotion. May such examples continue to inspire others to serve humanity with humility, compassion, and courage.

Felicidad Eme A. Rathore
Juris Mura Countryside Development Foundation Inc.
Office of the Project Coordinator for Peace, Ancestral Domain, and FPIC Affairs
Baguio City, Benguet, Cordillera Administrative Region
2600 Philippines

GLOBAL SIKH VISION
LONDON
In Waheguru we trust

Date: 7th May 2024
Our Ref: GSV/2685/24

BKK Memorial Foundation
India

Dear Mr. Bhupinder Singh Kohli,

I am immensely pleased to learn of the upcoming launch of your new book, "The Everyday & Beyond," on the 15th of May, 2024. A publication of this nature, aimed at serving and benefiting the wider community, has long been needed. Your efforts to bring such a work to fruition are truly commendable.

It is with great enthusiasm that I note the said book highlights your philanthropic initiatives in:
1) Environment Project
2) Health & Wellness Project
3) Education Project
4) Survival Project

We find ourselves in challenging times, marked by widespread conflicts and extensive human suffering. In this context, your pivotal work, inspired by Guru Gobind Singh Ji's universal message, *"Manas ki jaat sabhe eke pehchanbo"* is particularly significant. Your endeavours undoubtedly provide crucial support to the community, transcending distinctions of caste, colour, or creed.

I am pleased to know of the release of your aptly titled book, which promises to foster a deeper understanding of the fraternity of the human race and the divine relationship with creation. This philosophy echoes Guru Sahib's teachings to "Recognise the entire human race as one."

I trust that your book will prove immensely beneficial to the wider community. May Almighty Waheguru bless your noble effort with success.

Yours sincerely,

Kohli Ravinder Pal Singh 'Khalse'
Sewadar - CEO
Global Sikh Vision, London
(A non-profit global Gursikh charity)

ੴ ਵਾਹਿਗੁਰੂ ਜੀ ਕੀ ਫ਼ਤਹ।

ਸ਼੍ਰੋਮਣੀ ਗੁਰਦੁਆਰਾ ਪ੍ਰਬੰਧਕ ਕਮੇਟੀ

ਧਰਮ ਪ੍ਰਚਾਰ ਕਮੇਟੀ

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ਨੰ: 41647

ਮਿਤੀ: 28/11/18

S. Bhupinder Singh Ji 'Kohli',
BMC-30/1, Raoli Camp,
Sion (East), Mumbai-400022
E-mail <ghanaiyaji@gmail.com>

ਵਾਹਿਗੁਰੂ ਜੀ ਕਾ ਖ਼ਾਲਸਾ॥
ਵਾਹਿਗੁਰੂ ਜੀ ਕੀ ਫ਼ਤਹਿ॥

ਆਪ ਜੀ ਵੱਲੋਂ ਭੇਜੀਆ ਪੁਸਤਕਾ 08 ਪੁਸਤਕਾਂ First-Aid For Layman, The Everyday & Beyond ਦਫ਼ਤਰ ਧਰਮ ਪ੍ਰਚਾਰ ਕਮੇਟੀ ਵਿਖੇ ਪੁੱਜ ਗਈਆਂ ਹਨ। ਜਿਸ ਲਈ ਧੰਨਵਾਦੀ ਹਾਂ। ਅਜਿਹੀਆਂ ਪੁਸਤਕਾਂ ਸਮਾਜ ਦੇ ਮਾਰਗ ਦਰਸ਼ਨ ਲਈ ਸਹਾਈ ਸਿੱਧ ਹੋਣਗੀਆਂ। ਵਾਹਿਗੁਰੂ ਜੀ ਆਪ ਪਾਸੋਂ ਅੱਗੋ ਵੀ ਸੇਵਾਵਾਂ ਲੈਂਦੇ ਰਹਿਣ।

ਸਤਿਕਾਰ ਸਹਿਤ,

ਸ਼ੁਭਚਿੰਤਕ,

ਸਕੱਤਰ (ਪ੍ਰ:),
ਸ਼੍ਰੋਮਣੀ ਗੁਰਦੁਆਰਾ ਪ੍ਰਬੰਧਕ ਕਮੇਟੀ,
ਸ੍ਰੀ ਅੰਮ੍ਰਿਤਸਰ।

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ਵੈਬ-ਸਾਈਟ: www.sgpc.net, ਈ-ਮੇਲ: info@sgpc.net

PREFACE

Service rendered to humanity in any form with full love and devotion and without selfish motive is, in fact, the pre-requisite for a person to tread on divine path. This means that service rendered with one's own hands and feet for the welfare of humanity leads to the blessings of the Divine Lord.

Tendering the wounds, healing the sick and needy at the very initial stages and particularly in emergencies, gives them a new lease of life. The First Aid techniques plays an important role in these crucial times and becomes handy for all emergencies, be it, accidents, natural calamities and disasters, wars or any other such situations, where timely medical First aid defines the life line of the needy.

The book 'First Aid for Layman' is an appreciable effort by the author S. Bhupinder Singh Kohli who has done tremendous hard work to bring all realistic techniques of First Aid applicable across all situation in a simple and logical manner for basic understanding and using these as an emergency guiding tool for Lay Man to help the needy.

Bhai Ghanaiya Ji, with the blessings and instructions of Guru Gobind Singh Ji Maharaj, the tenth Divine Master of Sikhs, had formally laid the foundation of First Aid Service to humanity in the battlefield more than 300 years ago, without any distinction of caste, creed, faith, friend or foe. We all need to adapt these idealistic principals, wherein one sees 'One in All and All in One', while serving the humanity at large, by imbibing the principle that Same Divine Light manifests in every mortal frame'.

Once again, I congratulate the author S. Bhupinder Singh Kohli for such meticulous work. May I pray that this guide helps in creating basic understanding of First Aid for all, thus helping in mitigating miseries of humanity in the hour of need.

Iqbal Singh
President
The Kalgidhar Trust,
Baru Sahib (H.P.)

DREXEL UNIVERSITY
College of
Nursing and
Health Professions

6 November, 2(

Bhupinder Kohli

Mumbai, India

Shri Kohli,

Thank you for your gracious donation your book, *First Aid for the Layman*, published by the Kalgidhar Trust. I have added it to our library on the 9th floor of the Parkway Building where I am certain it will benefit our nursing students.

I remain grateful for the on-going love, support and prayers of the Kalgidhar Trust and the work they to to improve human lives. The Trust's firm foundation in spiritual values is an inspiration to us all.

Best wishes on your future projects

Jane Ryan

Jane Greene Ryan, CNM, PhD

Associate Professor

College of Nursing and Health Professions

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(Courses Accredited by NBA (AICTE) and IE(I))

Dr. Lakhwinder Singh
Dean (Academics)

BBSBEC

Ref. No. BBSBEC/DA/2407 Date 1/5/16

Dear S. Bhupinder Singh Kohli ji

Gurfateh

I was very pleased to receive the book "First-Aid for Layman" compiled by you with great enthusiasm realising the need of First-Aid techniques applicable in all situations that a common man may use in case of an emergency to help the needy persons. I have personally gone through the techniques mentioned and have also advocated the same to my family members. This book has been registered in the College Library for a reference to all the students and staff members so that they too are aware of the accurate methods of providing the First-Aid till the required medical aid is made available.

Dedicated to Bhai Ghaniayya Ji, this book indeed does justice to the "One in All and All in One" belief. This book shall go a long way in helping the common people understand the manners and procedures of the First-Aid and thereby helping the society at large.

I congratulate S. Bhupinder Singh Kohli for such diligent effort to compile the information and present in such an effortless manner so that anybody can get the logical information and manner so as to serve in the hour of need. May Waheguru give you courage and strength to extend this noble cause with the upgraded editions in future as well.

With Regards

Dean Academics
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Fatehgarh Sahib.

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(English Medium Co-Ed. School)

15th Bn, S.A.F., Mahesh Guard Line, INDORE

Date 26-11-18

Rev. Bhupendra Kohli

Mumbai, India

Shri Kohli,

Thank you for the gracious donation of your book, "First Aid for the Layman", published by the Kalgidhar Trust. The book authored by you has been much appreciated by our school teachers and the same has been kept in our library where I am certain it will benefit our students as well as teachers. Your other spiritual book "The Every day and Beyond" is a great piece of writing.

I remain grateful for the ongoing love, support and prayers of the Kalgidhar Trust and the work to improve human lives.

My best wishes for your future venture.

B.S Arora (Principal)

M.P. Police Public School Indore

भा.क.नि.
CCI

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परमजीत सिंह आय.आर.एस.
मुख्य सतर्कता अधिकारी

PARAMJEET SINGH I.R.S.
CHIEF VIGILANCE OFFICER

Preface

(By Paramjeet Singh, IRS)

The greatness of one's life depends not on the number of years lived but rather on the effect one leaves on the minds of one's generation. The immortals live on after their death through their work, and so it is what we do with our years that truly matters. This, however, is not easy, since doing good requires sacrifice. The immortals lived a full life and did not squander time.

So one has a choice; of simply *Existing* in this world or of *Living*, in the real sense of the word. But how do we do this? Learning, like charity has to begin with self. So as Gautama Buddha said- *Ap diva bhava* – everybody has to be his own candle. Be the change you want to see in the world. And to truly influence and inspire people, setting an example is not only necessary but rather is THE ONLY WAY!

S. Bhupinder Singh Kohli is one such inspiring man. He is a role model in the real sense of the word. He has been doing selfless seva for many years – from helping destitutes by feeding them and even washing their clothes, to celebrating all major festivals with the underprivileged, needy, and differently abled. Because of his work he is often invited to give talks by corporates, PSU's, and other bodies to enlighten and inspire their employees and members.

He is inspired by the legendary Sikh Sevadar - Bhai Ghanaiyaji who in Guru Gobind Singh's times used to give water to all needy soldiers during and after the battles, irrespective of whether the receiver was from the Sikh army or the enemy army. And like Bhagat Puran Singh he has a special affinity for the differently abled for whom he conducts various programmes.

To inspire others he has compiled this book – **The Everyday & Beyond** which is releasing with its second edition and for which I have the pleasure and privilege to write the preface. We are both travellers in the same boat in that along with our respective jobs we strive to find time to do our bit for society. I am very much inspired by his simplicity and humility, and I believe that this book

भा.क.नि.
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परमजीत सिंह आय.आर.एस.
मुख्य सतर्कता अधिकारी
PARAMJEET SINGH I.R.S.
CHIEF VIGILANCE OFFICER

is an excellent guide for all those who seek to serve humanity and make their life better and more meaningful. Peppered with real life anecdotes and inspired by the Sikh ideals of Wand Chako (share with others), Kirit Karo (earn a honest Living) and Naam Japo (meditate on God's name), the book talks of finding fulfilment in doing whatever we are working with and having extreme gratitude to the almighty for making life meaningful and not shallow and mindless. It is my sincere hope that we all can live with this spirit and enrich our lives!

"The greatest waste in the world is the difference between what we are and what we are capable of becoming" – said Ben Herbster. Sounds strange, but it is true. This sentiment is further echoed in the words of Thomas Alva Edison - "If we all did the things we are capable of doing, we would literally astound ourselves".

What should be the purpose of our work?

Working hard and making an honest living is not enough; we need to work with purpose, for a noble cause. There is a difference between simply breaking stones and working to build a temple. Working for a good cause brings with it a special kind of happiness and a sense of fulfilment, a joy which is difficult to describe. If we can bring a smile to the face of the poorest of the poor, and wipe a tear from the eyes of a person undergoing pain and suffering, we have done something worthwhile. It is these small acts of kindness and grace that can make a lasting impact. In the words of Mother Teresa - *"We cannot do great things on this Earth, only small things with great love."*

Ultimately we have to reach a stage where we realise that we are working for God, according to His wish. We must then understand that it is not we who are working, but it is God who is a working through us. We are just His chosen instrument.

Let us then work, work to best of our capacity, work for noble causes, and work with the understanding that it is God who is working through us. It will make our lives truly meaningful and worthwhile. And this book is a perfect guide to reach that stage.

PSingh 8/12/16

परमजीत सिंह, भा.प्र.से.
Paramjeet Singh, I.R.S.
मुख्य सतर्कता अधिकारी
Chief Vigilance Officer

सेवा कर – I, मुंबई सहायक आयुक्त का कार्यालय
OFFICE OF THE ASSISTANT COMMISSIONER OF SERVICE TAX-I, MUMBAI
14th Floor, Air India Building, Nariman Point, Mumbai-400021
Tel. : 022-2289 7450 Fax : 022-22897503

SUKHPAL SINGH DHANI, IRS
ASSISTANT COMMISSIONER

My Dear Bhupinder ji,

I express my great appreciation for your book "The Everyday & Beyond".

The book has shed its brightness all around. The teachings of Guru Nanak' of **"Vand Chakko"**, **'Kirat Karo"** and **"Naam Japo** are well embodied in the book. The book reveals that life is not what we lost so far, it's about what we can still grow.

The book gratifies your humbleness towards the service of mankind, mainly against the less fortunate, down trodden, destitute, under privilege and elderly persons. It is rightly said in the book that there are no short cuts to achieve happiness. The book teaches to value and appreciate a relation. The first edition of the book is divine and triggers the responsibilities that are required to be served for a noble cause. The book elevates a reason for one to bring about a change and unmask our weakness and duties with devotion towards mankind. The concluding part of the book which calls for a change with simple living, benevolence, honesty , love, forgiveness, wishing well for all and live for others with harmony is credit worthy and commendable.

Dear Bhupinder ji, the subject of the book is your hard-won and appreciable experience in the matter, towards society and selflessness towards mankind. In find the book to be fascinating and stimulating at the same time. Your writing has changed my perspective on many aspects of day to day living.

I congratulate you, Mr. Bhupinder Singh Kohli ji, on the upcoming publication of the second edition of your book. I am confident that this book will carry your passion, your desire, your love for mankind and will see the God's goodness through you.

I extend my hearty regards to you and all future endeavors for uplifting the mankind and making their life easier.

30.12.16

(SUKHPAL SINGH DHANI)
ASSISTANT COMMISSIONER
SERVICE TAX, MUMBAI

॥ ੴ ਵਾਹਿਗੁਰੂ ਜੀ ਕੀ ਫਤਿਹ ॥

GURU GOBIND SINGH EDUCATIONAL ACADEMY (Regd.)

(Permanent Non-aided School)

Managed by : GURUDWARA SHRI GURU SINGH SABHA, NERUL

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FOREWORD

I was so pleased on receiving the book 'The Everyday & Beyond' & sailing through it I realized that a humble heart is the well spring of great growth & development. The thoughts of the author paint the interior and the exterior of a person. The Quotes depicted from Sahib Shri Guru Granth Sahib Ji, Bhagwat Geeta and Bible enlightens one about the fact that human race is above all and it is to be recognized as one single caste. Short incidents of common man based on truth, kindness, spirituality leaves an impact on the reader and works like grease on a mechanical part. It also rejuvenates a person to carry on social responsibilities even better. The limelight on the quotes and preaching's of shining personalities like Mother Teressa, Jim Rohn, Dalai Lama, Maharishi Patanjali, Swami Vivekananda and many other emphasis on the belief that we don't have to do something important to be important. Going through the book, one understands the purpose of life and learns how to live in harmony and never to be haughty.

It is ofcourse gratifying to me that Bhupinder Singh Ji Kohli has taken this initiative to spread the messages that one can do the greatest service to one's country not by raising the roofs of the houses, but the souls of the citizens. The first edition of this book works as a wave and later a fountain arises to illuminate one's own soul. A part of the book that focuses on how a true Sikh should lead a good life by keeping himself away from five distractions i.e., ego, anger, greed, lust and attachment not only elevates and enriches mankind but also transforms the journey of one's life. When I met the author personally, I realized that he is a true servant of God and is doing charity by sharing his time and talent, consoling the sick and needy and enjoying joy of life. I realized that this wonderful act is not done merely to gain appreciation but the mission is the goal insight that is being accomplished.

I extend my warm regards to Mr. Kohli. May his life bloom like a rose and spread the fragrance of love silently all around. I'm confident that rapidly this book and probably in succession will help mankind and make one understand that while walking lightly on this planet, one leaves remarkable footprints behind, that cannot be erased for thousands of years.

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JUSTICE J. H. BHATIA

Former Judge, Bombay High Court

PROLOGUE

I recently had a pleasure of reading **"The Every Day & Beyond"** compiled by **S.Bhupinder Singh Kohli.**

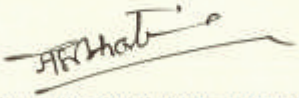
After reading "The Everyday & Beyond," one realizes the aspects of the life yet undecided. Though the book is small, it has provided the glimpses inside the walls of our life.

On one hand, there are people who live their life lavishly. They not only have the essentials but also luxuries making their life very comfortable. There are people who have much more than they need to live while on other hand others have barely enough to survive; they even can't afford the basic requirements of living. They do not have shelter to live, food to eat, and clothes to wear. One cannot make such people opulent but can at least help them achieve the essentials of life and lead a reasonably happy life. Caring for the poor and needy people and helping them is a noble endeavour. We live in a world with overwhelming humanitarian needs. One can help the needy around in practical, creative ways.

We learn these traits through the examples of others *and* their own experiences helping others, then seeing the good that comes out from it. We can develop a spirit of service, helping others, and self-sacrifice by engaging our self in service for the needy, which is one of the basic teachings of Sikh religion.

I found this book to have many ideas and the personal stories which are heartwarming.

My best wishes to **S.Bhupinder Singh Kohli** for upcoming second edition of **"THE EVERYDAY & BEYOND".**



(Justice JAGMOHAN SINGH BHATIA (Rtd.))
5th January, 2017

WE DEFINE OUR LIVES BY THE WAY WE DEFINE OURSELVES

There's a story of an old man who lived in a forest with his donkey. He gathered wood all day, piled it on the donkey's back and sold it in the market for a living. Both the old man and donkey were unhappy creatures. They had no one to love. All day, they cursed their king, who was a happy young man, loved and respected by everyone. One day, the king ordered the removal of the old man's broken hut that was spoiling the beauty of the forest. The king's minister felt sorry and gently explained to the old man that his hatred for the king had brought more problems in his life.

First he told the old man to have kind thoughts about the king, and then told him to meet the king to get him to change his orders. It was impossible for the old man to thing this way, but now he had no choice.

No matter how sad his life was, he believed that he had the right to live as he wished. For the first time, the old man began to accept and love himself. He started feeling the love emanating from everything around him. He developed gratitude and love for the man he had hated so much before. As time passed. The king cancelled his order and requested the old man to bring wood for prayers in the kingdom. Happiness and peace were back in the life of the old man.

We define our lives by the way we define ourselves. Life can be very easy when you choose love as your way of life. Happiness too is a choice, and so is suffering. May be we cannot escape from destiny, but we always have a choice to suffer our destiny or to enjoy it. This is what happened to the old man--- once he started loving himself; he found enough love for everyone and everything. It was the love inside that blessed him with all the happiness he would ever need.

REACHING OUT IS THE SUREST WAY TO LIVING LIFE TO THE FULLEST

ਗੁਰਮੁਖਿ ਜਨਮੁ ਸਕਾਰਥਾ
ਪਰਉਪਕਾਰੀ ਸਹਜਿ ਸੁਭਾਈ॥

Life of Gurmukhs is useful because by their natural temperament they are donors.

(vaar16, pauri 4)

A friend, now in his early eighties and yet in good health and high spirits, tells me while on an evening walk, that the secret of his happy living and complete fulfilment of life has been his **"reach-out attitude"** towards others. And he promises he has more mettle left in him to continue his journey of life with the same zeal. It is true that the best way to live life is to live for others. There is nothing that gives greater joy and fulfilment than in having an at-your-service attitude in our daily dealings with others. **Bhagat Puran Singh ji** lived this kind of life and millions gained from his **others–before-self attitude**.

ਇਸਕ ਮੁਸਕ ਮਹਕਾਰੁ ਹੈ
ਹੁਇ ਪਰਉਪਕਾਰੀ॥

As Love & fragrance do not remain hidden, the Gurmukh also does not remain concealed and gets himself busy in humanitarian activities.

(vaar 9, pauri 3)

A positive attitude towards others makes you gear up for positive action in your daily activities that could make a difference in others' lives. It is like helping yourself while helping others, knowingly or unknowingly. The extent of our universe shrinks to the extent of our confinement to our self created world. Life is larger than any other idea. German author Stefan Emends strengthens this point, saying: "Caught in your universe again, try reaching out to the one besides you, only then does life take on its full meaning and you can see the universe as a huge family representing diversity". Reaching out makes you automatically a partner in the joys and sorrows of the world

ਪਰਉਪਕਾਰੀ ਮਿਲਨਿ ਹਸੰਦੇ ॥

The benefactor Sikhs always come up smiling

(vaar 6, pauri 14)

and that makes life less taxing & more fulfilling. No one describes this better than American Russian novelist Vera Nazarian in her book The Perpetual calendar of Inspiration: "Sometimes, reaching out and taking someone's hand is the beginning of a journey. At other times, it is allowing another to take yours."

THOUGHTS FOR THE SOUL

One who understands his own soul, contemplates the essence of reality.

As in other creeds, **SEWA** is a key to the Sikh principle. The Sikh Temple has a particularly good track record of service in Education, Health and Langar (free Kitchen). Nearly all communities have benefited from this. But beyond that, it's the poor who are at the heart of the gospel. And that's the sort of **SEWA** where interfaith collaboration can only help our society.

ਪਰਉਪਕਾਰੁ ਨਿਤ ਚਿਤਵਤੇ ਨਾਹੀ ਕਛੁ ਪੋਚ ॥
Those who continually remember the Lord, do good deeds for others; they harbor no ill will towards anyone

Bettering the lot of the poor together is possibly the simplest way to work constructively for Global solidarity. True, a great deal does go on independently. But what if each neighborhood organization consciously co-opted members of other faiths to help the poor in a focused area? Imagine, for instance, a scenario in which volunteers of a shrine, a church, a gurudwara and a temple meet and draw up a plan to work together on a **BEGHARON KA SEWA** project and call for **SHRAMDAAN** from their respective congregations

Whatever its spiritual credo or dogma, every religion is known to say that the best way to realize our humanity is through practical compassion. Perhaps the verse English “Cast your bread on the waters; for you shall find it after many days”. Help others without thinking of immediate benefit and some day it will come back to you. We should know that good deeds are always rewarded and bad deeds never go unnoticed. A kind word spoken or a noble act performed years ago can come back to surprise you.

Impatience & undue harshness to fellow beings, especially those who are dear to us, often lead to unpleasant consequences. The 'ripple effect' that travels through our interwoven lives is sure to bring those unpleasant memories back. A kind word spoken is a kind word heard.

The world revolves around the give and take phenomenon. We raise our children in the hope of getting back something from them, perhaps support in our old age. Even animals return the warmth showered upon them. So the lesson to be learned here. Do good to the world, and good will happen to you.

This advice is echoed in another 'Wisdom Book' from the Old Testament: “He that has pity upon the poor lends unto the Lord; and that which he has given will he pay him again.” This also warns, “Whosoever stops his ears at the cry of the poor, he also cry himself, but shall not be heard.” Givers tend to go by their heart and good instinct on the saying, “

Give to the one who begs from you and do not refuse the one who would borrow from you”, knowing the facts who belongs to a cartel and who is a genuine case. One can understand what a profound impact it has when a preacher quotes “But I am poor and needy; yet the Lord thinks upon me; you are my help and my deliverer; O my God, do not delay”. Cast all your anxiety on him because he cares for you. He rises up the poor out of the dust, and lifts the needy out of the dunghill.

In that spirit, let's pray for mutual respect and meaningful work that will bring us together for our society.

Understanding of Social Responsibilities for Mankind

It so happens in home for neglected when numerous group & philanthropist visit these places to share their happiness by providing fruits, sweets, gifts etc. particularly during festivals and auspicious days but hardly during monsoon when rarely any happy occasions are celebrated. A group of ladies visited them and presented fruits to inmate in old age home. A lady who was about 80+ was also given the fruits who accepted and dump in the locker without showing an expression. The organizer on asking me the reasons of her behaviors I suggested to ask the lady itself directly on which she told **"YOU TAKE WHATEVER YOU AND OTHER PEOPLE HAVE GIVEN ME AND IF YOU REALLY WISH TO GIVE US HAPPINESS JUST SIT FOR 10 MINUTES WITH US AND TALK, WE HAVE NO ONE TO TALK WITH US"**

And thus it strike my psyche by organizing monthly events at these home and bringing orphan children to be with the senior citizens both of them who are away from their respective spouse and lack this love and affection. Kirtan is done for an hour and served them with Langar . The seniors feed the meals to the children with their own hands and felt blissful. Though this may be a very mild gesture of pleasure but has a great contentment. These 2-3 hours events have made their life fresher till the next month waiting anxiously for the same programme.

While rousing people or youth particularly in the metropolitan cities to be part of this noble reason they have 5 reasons/ excuses to shun their partaking:

1. We are very busy and have no time to spare
2. We don't have enough money to spend on them
3. I am not associated to any organization or I am not the concerned person to deal with

4. What a single person can do for the society where innumerable peoples have their problems
5. What way I am concerned and benefitted

I shall articulate my analysis on each of the above points and make them annulled.

> ਪਰਉਪਕਾਰ ਸਰਚਿ ਭਗਤਿ ਨੀਸਾਣੀਐ ॥
> *The devoted persons (Bhagats) are identified through their service (to the mankind).*

A young lady who was an officer in one of the bank posted in one of the busiest station of Metropolitan City being a commercial area. The lady during her lunch time while she is on fasting spends her afternoons picking up the litter at railway station, un-afraid & undeterred of abusive commuters. One day has come when even the passengers and staff joined her in the mission and today it is being the cleanest station.

We hardly care for our environs when our brother/ sister needs our assist thinking this has not happened to us or we won't be in any trouble or loss. While taking a morning walk I got an interaction with an old person who was using his stick to remove something from the road side. On enquiring he said **"THIS IS A BUSY ROAD, HEAVY VEHICLES ARE PASSING BY AND I AM WALKING ON THIS ROAD, THERE ARE NAILS, GLASS PIECES WHICH CAN BURST THE TYRES AND MAKING A RISK TO MY LIFE – SO I AM REMOVING THEM WHILE TAKING THE MORNING WALK"**

Do you think above incidences which was so natural, loving, effective but do these activities has been without considering all the four hassles. In the battle of Anandpur Sahib, Bhai Ghanaiya a devoted Gursikh of Guru Gobind Singh, was assigned the duty of serving the water to the wounded soldiers irrespective of whether belonging to the Sikh forces or the enemy. Whilst perceiving the glimpses of His Divine Master Guru Gobind Singh in this enemy-soldier, who drink

the water from his vessel with great love and reverence. Every wounded soldier would get so much attracted to Bhai Ghanaiya . This was considered as the divine duty assigned by the Divine Master to Bhai Ghanaiya.

10 handicapped were running for a marathon. The stadium was jam-packed to see the competition while running one out of these 10 contestant falls down and the remaining 9 goes on with their race. Abruptly one of them notices this person falling and instantaneously everybody impede their event and makes the fallen person comfortable and lift him up. It was astonishing to observe in this marathon was that each and every one arrives the goal at a same time. The entire stadium is echoed with standing applause. Why can't we learn from these people, why are we so envious and our ego restricts us to come together. We are in delusion that no one is superior to me.

It just needs your feelings, basic civic ethics & moral duties which every citizen should render. Which can be so called as **"HOLISTIC LIVING"**? But people nowadays are in their rat race busy to accumulate the materials & position which can hardly give happiness eternally. It was well said by a scholar **"FIRST 25 YEARS OF YOUR LIFE YOU LEARN, NEXT 25 YEARS OF YOUR LIFE YOU EARN & REST OF YOUR LIFE YOU RETURN"**

I agree Money is very essential and indispensable but it is also true that it is **"NOT EVERYTHING".** Having this being false, inmates in old age home who have collected wealth throughout their life are now in despair. If each one of us accomplishes little endeavor to show our concern towards these underprivileged they could be the most contented people. It may not be possible for a single person to bring ecstasy & joy with his little action but single action of an individual can bring the revolution and transform the society.

Once upon a time, there

was a wise man, who used to go to the ocean to do his writing. He had a habit of walking on the beach before he began his work. One day he was walking along the shore. As he looked down the beach, he saw a human figure moving like a dancer. He smiled to himself to think of someone who would dance to the day. So he began to walk faster to catch up. As he got closer, he saw that it was a young man and the young man wasn't dancing, but instead he was reaching down to the shore, picking up something and very gently throwing it into the ocean.

As he got closer, he called out, "Good morning! What are you doing?" The young man paused, looked up and replied "Throwing starfish into the ocean."

"I guess I should have asked, why are you throwing starfish into the ocean?"

"The sun is up and the tide is going out. And if I don't throw them in they'll die."

"But young man, don't you realize that there are miles and miles of beach and starfish all along it. You can't possibly make a difference!"

The young man listened politely. Then bent down, picked up another starfish and threw it into the sea, past the breaking waves. **"It made a difference for that one!"**

His response surprised the man. He was upset. He didn't know how to reply. So instead, he turned away and walked back to the cottage to begin his writings. All day long as he wrote, the image of the young man haunted him. He tried to ignore it, but the vision persisted. Finally, late in the afternoon he realized that he the scientist, he the poet, had missed out on the essential nature of the young man's actions. Because he realized that what the young man was choosing not to be an observer in the universe & make a difference. He was embarrassed.

That night he went to bed troubled. When the morning came he awoke knowing that he had to do something. So he

got up, put on his clothes, went to the beach and found the young man. And with him he spent the rest of the morning throwing starfish into the ocean. You see, what that young man's actions represent is something that is special in each and every one of us. We have all been gifted with the ability to make a difference. And if we can, like that young man, become aware of that gift, we gain through the strength of our vision the power to shape the future.

We must each find our starfish. And if we throw our stars wisely and well, I have no question that the 21st century is going to be a wonderful place.

It is unfortunate that the Youth, in today's world has not many examples to choose as an ideal. Dr. Shivajirao Patwardhan, the founder of Tapovan says "In his Youth, there was a galaxy of stars on the Indian horizon and one could set his heart upon following Nehru, Azad, Netaji, Ranade, Tilak, Gokhale, Rajaji or others equally tall.

Fortunately – and this fortune will always stay with us – our Rishis, Gurus and sages of the past and the selfless personalities of the recent past have left for us a path chalked out for the Youth. It is true that in the murky atmosphere of the present, it has become more and more difficult to sift the chaff from the grain but personalities like Guru Nanak, Guru Gobind Singh, Vivekananda, Mahatma Gandhi, Shivaji and others like them have left a permanent mark not only on the psyche of the nation but also on the relevance of their perpetual appeal.

Guru Nanak has said **"SACHON URE SABKO UPPAR SACH ACHAAR"** (Everything was below TRUTH but higher than Truth was the TRUTHFUL CONDUCT). To translate the message of Gurus into service of humanity, God directed Bhai Ghanaiyaji, Bhagat Puran Singh ji, Bhagwant Singh Dilawari, Dr. Inderjit Kaur, Bibi Prakash kaur, Mother Teressa and many

such Samaritans for such noble services. It was delighted to read the injunction of Swami Vivekananda, that **"Everyone of us must pay back to the society which has made us capable of reaching a stage of relative achievement"**. Indeed a commentary on the Bhagwad Geeta says : **" You cannot expect happiness for yourself without giving it to others."** And here lies the rub.

Today's chicanery in almost every field seems to guide the Youth in directionless adventures. Everyone wants happiness, bright future, ambitious pursuit of pleasures on the lines of what he sees others doing. Also, there is an unending craze for "PHOREN (Instant)", be it goods, services, clothes, character or false sophistication. It is becoming a fashion with our Youth to copy the fallen ones like drug-addicts, eve-teasers, dadas and so on. Of course, they are unable to realize the immeasurable potential they have not only to change the course of those-in-helm but also the fate of the country.

The Youth will opt out for the last aim without exception only if the examples of black-money succeeding in rich living and capturing political power were not as glaring as they are. But my submission is all this glittering and apparent power is not real. At heart everyone who indulges in chicanery is burning because everyone has someone else who it trying to batter him. In this rat race, if you have trampled upon the right of someone to go forward, tomorrow you will face someone who will trample upon your rights to go ahead.

I am not at all suggesting that the Youth should become complacent or develop inferiority complex. In fact I vehemently stress that they should put in the hardest work in every field to develop competent skills and then surrender them willingly at the service of their fellow-men which will ensure their own happiness. Bhagwad Geeta

insists on right action but also insists on non-attachment to the result. Similarly, Guru Granth Sahib insists that the whole world family is our friend & our happiness is dependent on the happiness of all. Guru Gobind Singh directs : "**MANAS KI JAAT SABHE EKE PEHCHANBO"** (Recognize the human race as of ONE SINGLE CASTE).

Concentration on spiritual values along with hard dedicated work will always prevent the Youth to get into pitfall of VANITY, SELFISHNESS, GREED & SEXUALITY. And when they are freed from these debilitating values, they will be a proud asset for the country & proud companions for others.

Those who wish others well are bound to be well themselves & those who concentrate on themselves are bound to see Happiness Vanishing. SELFLESSNESS includes humility, forgiveness, compassion and above all the God fearing insistence on living in Truth. All happiness would be at the fest of the Youth, if they remain selfless.

With the contrast of so-called social work (with emphasis on importance of one's station in life and with ambition to get on the band wagon of political rise) that we witness today with the self-annihilating dedicated spirit of Bhai Ghanaiyaji, Bhagat Puran Singh ji, Dr. Inderjit Kaur, Bibi Prakash kaur, Mother Teressa & a few other shining examples, could it be said that we have woken up to our responsibilities?

I wonder how man can be so indifferent to man's misery, so undignified to others and so impervious to other's pain. Perhaps the rut is all round and all pervading. Is it then the reason that this must envelop one area which is essentially spiritual? Social Work must entail (as I believe, Social Work is the offshoot of spirituality) a dedication which represents:

a) Willing association with the plight of those one wishes to serve and become one (ekroop) with the people;
b) Gratitude to God to the people whom one serves

for the opportunity to serve them;

c) Permanent hesitation to assume the role of a "Guardian" to boss over the down-trodden people;

d) Absolute refusal (much less, the actual expectation) to accept personal gains

ਨਿਹਕਪਟ ਸੇਵਾ ਕੀਜੈ ਹਰਿ ਕੇਰੀ
ਤਾਂ ਮੇਰੇ ਮਨ ਸਰਬ ਸੁਖ ਪਈਐ ॥

Serve the Lord open-heartedly, and then,
O my mind, you shall find total peace.

e) Sharing with the less fortunate people the all-out urge to life them so high that they become independent, self reliant with God's grace & sharing with them the need to spiritualize public life.

Surely, we have God as witness to out hypocrisy. And, surely, we know that we are insincere to him, to our religion, to ourselves. Let the Social Workers first get off the backs of the down-trodden, willingly suffer for them, lift them in their own interest & atone for our sins. Let every rich man remember that whenever the self becomes too much with them they should recall the face of the poorest and the weakest man and ask:

"Will he gain anything by my actions?" Our daily life and particularly our Social Work should remain drenched in these feelings.

When renovating a house, a construction worker tried to erode the wall. Houses in Japan usually have an empty space between the walls that are made of wood. When the walls start falling, he found a lizard trapped between the empty space in his feet attached to a nail. He felt sorry and also curious. When he checked the nail, he found out it apparently had been there for quite some time when the house was first built.

What happened? How can the small lizard survive the condition of being trapped for very long period. Without moving at all, it is something impossible and unreasonable. The man was wondering how the lizard can survive without moving from his place since his foot was stuck on a nail. The construction men then stopped the work and silently observe the lizard, what it does and what it ate to survive in CCTV.

Then, suddenly, another lizard appeared with food in its mouth. The man was so touched to see that. Turns out there were a lizard that always took care of that trapped lizard. It was a beautiful love ... love. Love can happen even between small animals.

What can be done by love? Of course, a miracle. Imagine, these lizards never gave up and never stopped feeding its partner. Imagine how small animals can have such a wonderful bond & compassion. Imagine what a small creature can do that a creature blessed with a brilliant mind can't. As information & communication technology advances, our access to information becomes faster & faster. But the distance between human beings . . . is it getting closer as well ?

I conclude with a hymn (sher) said by a poet:

Mana Ke Har Gulshan Ko
Gulzar Naa Kar Sakenge Hum
Par Ek Khar Toh Kam Kar Sakenge
Gujrenge Jahan Se Hum

WHAT GOES AROUND, ALMOST ALWAYS COMES AROUND

ਆਇਆ ਕਾਲੁ ਦੁਖਦਾਈ ਹੋਏ ਜੋ ਬੀਜੇ ਸੋ ਖਵਲਾਵੈਗੋ ॥

And when death comes, they suffer in agony; they must eat what they have planted.

These famous words of a wise soul apply to all of us in equal measure. We should know that good deeds are always rewarded & bad deeds never go unnoticed. A kind word spoken or a noble act performed years ago can come back to surprise you. Impatience and undue harshness to fellow beings, especially those who are dear to us, often lead to unpleasant consequences. The 'ripple effect' that travels through our inter-woven lives is sure to bring those unpleasant memories back. A kind word spoken is a kind word heard.

We may ignore or be rude to a person in need of help. But good deeds (and bad too) are never list, they are perpetually stored in infinite space & come back to us in due time. It's not just philosophy but science too.

The tales of people's sins catching up with them are not rare.

The world revolves around the give and take phenomenon. We raise our children in the hope of getting back something from them, perhaps support in our old age.

Even animals return the warmth showered upon them. So what's the lesson to be learned here. Do good to the world & good will happen to you.

THERE ARE NO SHORTCUTS TO ACHIEVE HAPPINESS

Nowadays, people seem to be living dual lives. There seems to be a conflict of duality at every step. How do we deal with this?

Today, the great modern disease of human consciousness is about looking outward to find means to derive happiness. People are not examining their inner self, their values, their attitudes and motives.

However, people cannot hope for an external factor for happiness, as there are no short cuts to achieve happiness. In today's world, no individual can create a permanent state of well-being within us, as it is our prerogative and responsibility.

The external factors can contribute guide and inspire us but ultimately our life is what we make out of it.

True happiness or a lack of it does not come from external things but from what is inside oneself. For example, money is not the means of happiness nor is it the cause of one's unhappiness. In reality, it is our attitude & values that determine the use or misuse of external instruments, whether that is money, a person or an object.

A life that has value and worthy of living, is only possible, when there is a test through which there can be illuminating change.

So, to clear our conscious, we would require getting in touch with our spiritual self, which generates self-respect and positivity.

With positivity we experience inner strength to cope with external issues affecting the sense of balance in our life. Enabling us to gain a right perspective on life, this in

turn would help us to deal with any kind of negativity. Hence, when we are more positive towards ourselves, obviously we would express the same attitude towards others.

HOW SPIRITUALITY CAN BE YOUR SHOCK ABSORBER IN LIFE

As one leaves adolescence and becomes an adult, one starts learning that life is full of ups & downs. With them come feelings of happiness as well as despair. We all experience these things when we look forward to a happy, carefree & good time. Then something comes in the way & one starts experiencing the rough & tumble of life. These can be compared to the feeling one gets when while driving a car one suddenly comes upon a road full of potholes. In the same way, when things turn unpleasant, the pleasure of being alive almost vanishes. Each day becomes a burden. It is at this juncture of life if one turns to spiritualism and starts grasping the truth and reality, one gets a bit of tranquillity.

All this can be compared to an old car that has weak shock absorbers to a new one with strong equipment; the ride in the new car is smoother even if the road is bumpy. So there is a need to develop shock absorbers in the mind.

To tread on the path of spiritualism, one has to give up materialistic pursuits. This certainly does not imply one must skip using material objects, but dependence on material things must be curtailed. One should be equally comfortable sitting on a stone and a cushion, staying in a five star hotel and a hut. The key to this is detachment.

The constant practice of insulating one's mind from external forces and connecting with God can help one elevate oneself to a state where pain and pleasure are the same. It is a blissful state of mind. After having attained a spiritual height, constant effort are required to keep oneself at that level. The moment material attraction increases, spirituality diminishes.

This is the law of nature.

OURS STRENGTH LIES IN YOURSELF AND IN MAKING OTHERS FEEL GOOD

The Dalai Lama said in one of his speeches, “If I were a doctor, I would write in all my prescriptions to patients: Be altruistic (selfless concern for the welfare of others) and you will get better.”

The quality of being altruistic should be on top of every human being's daily list of things-to-do. It is this quality that makes one a true human being. Otherwise, any wealth you amass is futile because you are poorer within by as much.

When you have concern for others, you develop leadership qualities because of which you become fearless and courageous. But when you confirm yourself to the 'I', you shrink and your world too shrinks to a dark and fearsome dungeon. You see nothing positive around. You may also consider those who come to help you as your potential enemies. But altruism opens up a brave new world. It makes you not only courageous but also kind and helpful. It makes you feel that your power and strength lies in making other feel good.

The world is as good as you are, as it reacts the way you do. As a result, you feel good and on top of the world. You find no excuse not to be at the service of humanity. Virtue and conscience are the tools for altruism.

The Dalai Lama preaches the essence of Vedas, **VASUDHEVAY KATUMBAKAM** – the entire world is one family. **SARVE BHAVANTU SUKHINA** – may all be happy. The main message of the Gita – selfless service is the road to moksha, and Ardas in Sikhism , i.e. Sarbat Da Bhalla – may all live in peace and happiness.

WONDERFUL BENEFITS OF REMAINING A SERVANT

ਗੁਰ ਪੂਰੇ ਕੀ ਚਾਕਰੀ
ਬਿਰਥਾ ਜਾਇ ਨ ਕੋਇ ॥

Working for the Perfect Guru, no one goes away empty-handed.
.....46

Why did I have to approach the dusk of my life before I could make this bumble prayer " Lord, make me a servant"? such a prayer predispose me to succeed? Yet, looking back now, it seems that the universe supports those who serve others with gladness.

In a context where the word 'servant' has ugly connotations giving as it were moral permission to treat those who work for us as somehow inferior, there are good intentioned people who serve others selflessly. It is difficult to find those who serve others without any expectation of a reward. Some choose the humblest occupations, looking after the challenged, for example, with Love.

Servants of God bring happiness to others, To give a gift to someone who richly deserves it, bringing a smile to his face, empathising with those in grief, sharing the burdens of those who cannot see the end of the road, just talking & listening to those who might have fallen into traps of delusion and degration – all these are acts of good service.

Why do we call them servants? Should we not be putting them on a pedestal and paying them homage because of the noble work they do? Such people do good unconsciously, and not with ulterior motives. They do what they are called to do in a given set of circumstances, without taking any credit for the help they may have rendered others.

This 'servant mentality' has changed the way I perceive others, evaluate their worth and give credit due to those who deserve it. I have seen too many fall through sheer human pride and over inflated egos to not be cautious and yet daring

at the same time.

I think of enlightened souls like Bhai Ghanaiyaji and Bhagat Puran Singh Ji, both luminaries who consciously chose a 'servant' approach to life. Today, too, there are those who battle against poverty, illiteracy and superstition. There are many noble souls still toiling even if we cannot seem to have enough of scams and moral turpitude to distract our attention.

There are many who still consider that they have a mission in life. One has to discovered this great truth towards the tail end of is life. And now when you awake, ask your self, what can you do for someone who is helpless today? Can you bring a little happiness to someone, can you share my bread?

So, pray for Divine Grace to be a humble servant with this attitude, we become a link in a wide chain. The helpless become helpers and the helpless in turn get empowered to become uplifters.

ਮਿਠਾ ਬੋਲਣੁ ਨਿਵ ਚਲਣੁ
ਹਥਹੁ ਦੇਣਾ ਸਹਿਜ ਸੁਹੇਲਾ॥

A mild spoken, humble and giver through his hands moves in equipoise and remains happy.

The human race has survived because of those who recognised that their contributions are limited and not because others have climbed heights for purely selfish reasons. We tend to place much emphasis on achievements, position and power. The scales could one day tilt against those engaged in selfishness.

So every night, I thank God that he has enabled me to be the 'servant' of someone in need. Every chance to do a good turn becomes a turning point in life. Jesus said": "The Son of Man came to serve rather than be served." My own humble prayer is that my life, too, be spent in service. "Lord, make me a servant, I pray."

ਗੁਰ ਕੀ ਸੇਵਾ ਚਾਕਰੀ ਮਨੁ ਨਿਰਮਲੁ ਸੁਖੁ ਹੋਇ ॥
Applying oneself to the service of the Guru,the mind is purified, and peace is obtained.....61

Moral Duties of Adults Towards their Aging/elderly Parents

All religions urge their followers to respect parents, especially in their old age, because parents are the most beneficent to their children after God. Almighty remind the adults that it were the parents who looked after & nourished them when they were very young and weak. They could not walk, talk or even move. They could not take care of themselves. Especially, mothers had to suffer lot of pains & hardships while giving birth and raising their children.

Parents give their best to their children in the shape of food, education and many worldly things to their children in their early life but yet they have best to give the adults in their old age, and that is "prayers". Prayers of aged parents have great value in the sight of Almighty so don't take your aging parents for granted and try your best 'earn' as much sympathy of your parents as you can.

The parents look after their children at a time when they are not able to do anything. No one else, except parents who could love and took care of them. But gradually the parents reach the age when they themselves cannot earn anything and desperately need the help of their loved ones. Hence, it becomes incumbent on the offspring to behave well with the parents & make good their deficiency. Aging parents may be considered a best opportunity to return what they have received from parents in their childhood.

If one finds his parents in old age it is his religious and moral duty to serve them just like the way they serve him in his babyhood.

To help the aging parents it should be kept in mind that so much depends on the attitude of their mind. Most aging parents feel loneliness. Hence it is much helpful for the aging parents to give them company. A son or daughter coming home from office may sit with his parents and listen whatever

they say. What they say may be uninteresting for him but it may provide great relief to them and make them cheerful, confident and optimistic. One should not forget his times when he was a little child and parents used to give all ears to the meaningless childlike talks.

Today's chicanery in almost every field seems to guide the Youth in directionless adventures. Everyone wants happiness, bright future, material, ambitious pursuit of pleasures on the lines of what he sees others doing and parents are at mercy to their children. Observing small acts like visiting to their parents periodically at owns convenient, spending some moment without giving any service or aid instead burden them with their needs and demands. Sharing the responsibilities in crisis may relief the pain to the ill parents and also to the caretakers who is fully dedicated to this noble service. Indeed a commentary on the Bhagwad Geeta says : " You cannot expect happiness for yourself without giving it to others." And here lies the rub.

When we honor and care for our parents, we are serving God as well. This is something that pleases God very much....But those who won't care for their own relatives, especially those living in the same household, have denied what we believe. Such people are worse than unbelievers. Regardless of the circumstances, we still have obligations to our parents. If they are under the care of a nursing facility, we need to assess the living conditions to make sure our parents are being properly and lovingly cared for.

We should never allow the cares of the world to overshadow the things that are most important—serving God through serving people, especially the people in our own families. The Bible says, "Honor your father and mother"—which is the first commandment with a promise—"that it may go well with you and that you may enjoy long life on the earth".

THE CHARM OF CHARITY

A poor young man was helpless, homeless & hopeless. He lost his job and had no one to help him. Depressed & dejected, he decided to commit suicide. He collected all the coins he had with him & bought from a shop a ripe banana wrapped in an old newspaper. He opened the packet & started to eat his last food when an old beggar approached him. With trembling lips, the beggar told him that he has not had any-thing to eat for several days and was too weak to walk. The young man felt pity and gave the banana to the beggar. He ate it with great joy and thanked him. While leaving, the beggar gave him a very old coin, saying, "Thank you very much. You gave me everything you had. Kindly accept this coin as my humble gift."

When the old man departed, he carelessly glanced at the piece of paper used to wrap the fruit. There he saw an advertisement from an agency dealing with old coins. Any one possessing old coins was invited to visit the agency and receive suitable price for their old coins on the spot. Out of simple curiosity, he carried the coin to the agency, which was quite close to him. He showed the coin gifted by the beggar. The person managing the agency stared at it and exclaimed in excitement, "What a surprise! It is very rare & several centuries old. It is worth a fortune!" He was given a hefty sum of money as the price of the rare coin. Jumping with joy on receiving the unexpected amount of money, he searched everywhere to find the old man who gifted him the coin. He wanted to share his joy and the money with the beggar. But he could not find the beggar anywhere. On the way he saw a church. He had abandoned all religious practices for months. But now he entered the church & thanked God for His generous gifts. He started a new life with renewed hope and enthusiasm.

Kindness cannot be given away.
It always comes back!

William Wordsworth wrote,

"**The best portion of a good life is the little, nameless, unremembered acts of kindness and love.**"

BEING HAPPY

Cultivating joy in the happiness of others, then, should be easy to do, it should come naturally. It is easy to do! This is because spontaneous joy is our true nature. It is artifice and inhibitions that create problems.

The really wonderful thing about expressing gratitude through joy in the happiness of others is that it opens up for us a whole new source of delight. It's a bit like stumbling upon a gold mine in our own backyard.

It heightens our awareness about what we choose to interact with in each moment. This type of awareness can make us very powerful people indeed. We develop the ability to spotlight the positive in any situation.

Recently, I met an active and independent elderly gentleman who was rapidly losing his eyesight as well as weakening with age, day by day. Thinking that his plight may be distressing him greatly, I asked him what he thought about all day. His answer truly had me rejoicing for him. He said that he was not given to thinking too much about things and did not have much difficulty accepting his circumstances. 'I rejoice with those who can accept the present moment. May their happiness increase.'

As we start reading the phrases repeatedly, we begin to understand what transformation is all about. It is not that by using these phrases we will be able to, or should even try to transform the world around us. Nor will we be creating qualities in ourselves that are not already there. By repeating our intention to participate in the happiness of others, we clear the darkness that prevented us from seeing the countless opportunities we have for happiness, irrespective of whatever else may be happening in our life right then. We illuminate our consciousness with our own light.

Joy in the happiness of others gives us powerful bifocal vision. On the one hand, we start seeing the beauty of what earlier seemed too far away to be clear, and on the other hand, we begin to notice intricate details of things that have been right under our noses and yet didn't seem significant. A smile we may have seen often, but failed to notice how magical it is; the way a particular attendant always serves us; the quiet way a friend shows appreciation. We now detect something unique in the routine.

WE CAN CREATE OUR HAPPINESS WITH OUR THOUGHTS AND BELIEFS

Swami Vivekananda once said, “In a day, when you don't come across any problems – you can be sure that you are travelling in a wrong path.”

Difficulties are an inevitable part of life, but often when we get bogged down by them, we don't see any ray of hope in life. At such times, we should admit that life cannot always be a bed of roses. And sometimes we create our own troubles.

Life is a continuous struggle and we have to suffer ups & downs every single day.

In fact, sufferings arise out of our own thoughts & beliefs. They come to us because of our imperfections & inappropriate actions and reactions.

No one describes the best way to deal with a failure better than Thomas Alva Edison: “I have not failed; I have just found 10000 ways that won't work.”

Take Amaitabh Bachchan for example. The superstar faced rejection for many reasons in the early stages of his career, but his hard work, determination and a positive attitude made him successful.

Happiness is not something that come to us – it is something that we create. Anyone can live in favourable conditions, but living in unfavourable conditions with a smiling face is the actual art of living. If we do, even god will think twice before upsetting us.

A positive attitude gives energy and a negative attitude depletes it. So, a positive attitude plays a pivotal role in helping us overcome the problems of life. Meanwhile, determination, simplicity, humility and an endeavour to achieve goals are some of the tricks for leading a happy life.

Always celebrate the little things that give happiness and see the difference. Take failures as challenges and try to overcome them by maintaining a positive attitude.

A CHANGE WITHIN WILL CHANNEL A CHANGE IN SOCIETY

ਮਨ ਸਿਉ ਮਨੁ ਮਿਲਾਇ ਸਭੁ ਜਗੁ ਜੀਤਾ ॥
ਇਨ ਬਿਧਿ ਕੁਸਲੁ ਤੇਰੈ ਮੇਰੇ ਮੀਤਾ ॥

Merging their minds into the Mind, they conquer the entire world.
In this way, you too shall find happiness, O my friend. ---- 231

In today's day and age, people are surrounded with issues affecting the world & not individual alone. To solve the crisis, people should change themselves to make a difference in the world. This can only happen when individuals think for the betterment of society at large. Today, the need of the hour is to integrate value education at all levels that will equip people to live a positive social life.

People with greater awareness can then contribute to destroying social negative traits including corruption, bribery and nepotism as part of life. Such enlightened attitudes can also boost the confidence of socially underprivileged individuals and encourage them towards a respectful life. This form of embedded knowledge empowers people to resist greed, selfishness and violence in thought, word and action.

1. Simple living & high thinking

ਮਤਿ ਹੋਦੀ ਹੋਇ ਇਆਣਾ ॥
ਤਾਣ ਹੋਦੇ ਹੋਇ ਨਿਤਾਣਾ ॥
ਅਣਹੋਦੇ ਆਪੁ ਵੰਡਾਏ ॥
ਕੋ ਐਸਾ ਭਗਤੁ ਸਦਾਏ ॥

If you are wise, be simple; if you are powerful, be weak;
and when there is nothing to share, then share with others.
How rare is one who is known as such a devotee. ------ 1384

The world we live in today has become so fashion conscious, that everyone, be it poor or rich is out there to make a signature statement. We were taught by our forefathers to live a simple life and allow others to live in simplicity. Simple way of living was the way for many cultures in the past, both in the east and west. People used to live in harmony with nature and its cycles and took from the earth only that which was absolutely necessary for sustenance. Before we delve into the wisdom of simple living, it is appropriate to first define an essential factor that hinders our way to live a simple life. That factor is primarily “wasting”. Waste normally is

defined as something that in excess. We tend to forget that a simple life is all about learning the true meaning of content-ment, humility & self-confidence. Hence, one must realize whether surplus is really serving my actual need and adding to my peace and happiness or is it just greed. To have more than what we need is definitely not better for our life.

2. Be Honest to be With Your True Self

ਬੰਦੇ ਖੋਜੁ ਦਿਲ ਹਰ ਰੋਜ ਨਾ ਫਿਰੁ ਪਰੇਸਾਨੀ ਮਾਹਿ ॥

O human being, search your own heart every day,
and do not wander around in confusion ------727

Decades ago, a sign behind the cash counter of a traditional shop has drawn my attention. It read 'Honesty Is the Best Policy'. Does that line really matter to people of this generation? Why is being honest difficult today? Is it greed, fear or ego or simply the desire for an easy life that prevents us from being honest?

Young children are never afraid to speak their mind. We get touched by their innocence because it resonates with purity of the inner-self we all long for. In fact, honesty is one of our deepest qualities. Many of us have spent our lives searching for it, only to find that it resides within us. How did we lose this quality along our journey to maturity?

To maintain integrity while facing life's challenges, we have to be honest with ourselves first. Honesty is primarily about acknowledging our strengths and weaknesses. We can then build trust and faith within ourselves and develop quality relationships. Honesty with others is a sign of respect towards them. It helps people trust us and that is the greatest reward in life.

3. Learn to be benevolent

We have so many wishes for ourselves, but we don't bother to harbor good wishes for others, as we do not think there is a need for it. One does not knows that good wishes for others can work wonders for us as well. Good wishes are like vitamin injections that energies one almost instantly, generating vibrations of pure feelings into

the atmosphere and creating instant happiness.

One must feel benevolent towards everyone. Through the power of benevolent feelings, one can serve the whole world from anywhere. We must keep in mind that our feelings are created from thoughts and our thoughts determine our attitude. Hence when we extend pure love to everyone without any selfish motivation. It is considered an act of kindness. Similarly, to send good wishes and pure feelings to those who are in deep sorrow is an act of mercy and compassion, to bless and uplift someone even as they defame one, is an act of forgive-ness, to remain tolerant under a stressful situation and to extend cooperation even when not appreciated is an attitude of humility.

4. Speak the language of love

ਜਿਤੁ ਬੋਲਿਐ ਪਤਿ ਪਾਈਐ ਸੋ ਬੋਲਿਆ ਪਰਵਾਣੁ ॥
ਫਿਕਾ ਬੋਲਿ ਵਿਗੁਚਣਾ ਸੁਣਿ ਮੂਰਖ ਮਨ ਅਜਾਣ ॥
Those words are acceptable, which, when spoken, bring honor.
Harsh words bring only grief. Listen, O foolish and ignorant mind! ----15

Science has added to our comforts in innumerable ways, but has also taken away some of the simple, yet fulfilling pleasures of our lives. One of them is the joy of face-to-face communication. We have all gotten so addicted to communicating with the tools of modern technology that we have lost the art of connecting with each other from heart to heart, of conducting an exchange of feelings. The youngsters of today are wary of getting into any kind of direct communication. This is because they are scared of getting hurt or let down by the other person.

Real communication is not superficial; it can touch another person's soul and fill it with love and joy. Such communication is not possible if we keep shrinking away from interaction. In order to maintain healthy relationships, we need to be aware of how we conduct ourselves while communicating with someone. If we don't respect the person we are talking to, we will unconsciously betray it through our body language,

and the conversation won't be fruitful. To prevent that, we must challenge those of our beliefs and attitudes that create obstacles in our ability to create healthy relationships.

An enlightened soul communicates from the heart with love and speaks words that can uplift others. So, let us embark upon a new journey full of positivity & unconditional love.

5. Help, don't censure the weak

Since our childhood, we are taught to be polite to others. If we want others to be nice to us, our behavior towards them should be similar. A well-mannered person always wins love and appreciation.

But if our nice behavior is a façade to mask our real feelings, the pretense will not win us any goodwill. Hence, it is very important to harbor genuinely good feelings towards others. When our feelings are pure, good nice behavior comes naturally. We don't have to force ourselves to be nice to someone or suppress negative thoughts when we meet them.

We usually feel a pure love towards our near and dear ones. But that is not the case with those outside the circle of our family and friends. We react differently when the same mistake is made by a loved one or by someone else. To one we show sympathy & understanding, and to other we may show irritation & anger. But with just a little effort, we can try to be nice even to those who consistently made mistakes and annoy us.

The error we fall into is that instead of being merciful, we immediately judge the person for his mistake and condemn him. We should keep in mind that the person is succumbing to some inner weakness and should help him overcome that flaw.

If we make it a habit to look at every person with compassion, not only will our feelings towards all remain pure, we will also be able to help weak souls, who are rejected by all, to overcome their weaknesses and transform their lives.

6. Learn to forgive and move on

ਖਿਮਾ ਗਹੀ ਬ੍ਰਤੁ ਸੀਲ ਸੰਤੋਖੰ ॥
ਰੋਗੁ ਨ ਬਿਆਪੈ ਨਾ ਜਮ ਦੋਖੰ ॥

To practice forgiveness is the true fast, good conduct and contentment.
Disease does not afflict me, nor does the pain of death------223

People from all cultures and traditions consider love and forgiveness as values central to the fabric of humanity. But is forgiving as easy as it sounds? The ability to forgive others depends on how honest we are with ourselves.

All of us commit mistakes. As we become aware of where we are going wrong, we start the process of making amends. However, if this process is to progress, we have to forgive others first. We cannot condemn others and excuse ourselves.

Forgiving removes the indignation we feel at an injustice. If we do not learn to forgive, resentment will poison us. Forgiveness means to move forward with what is good, towards what is better. Our forgiveness, at first, may puzzle others. They may even think of us as naïve, but eventually they will appreciate our act of kindness. We should also learn to forgive ourselves, which means not making the same mistakes again, not inventing ways to excuse ourselves. A person who has hardened his own heart against others cannot feel God's forgiveness and love. Hence, if we want to be forgiven, then we must be willing to forgive first.

7. Wish well for all

ਹਰਿ ਗੁਨ ਗਾਵਤ ਪਰਉਪਕਾਰ ਨਿਤ
ਤਿਸੁ ਰਸਨਾ ਕਾ ਮੋਲੁ ਕਿਛੁ ਨਾਹੀ ॥

He continually sings the Glorious Praises of the Lord,
and always does good for others;
his tongue is priceless.-------824

We live in an era that boasts of a generation, which is much more intellectual and influential. But in spite of all the developments, we are still a generation looking for peace. Peace has eluded us in spite our material and intellectual enrichment.

However, our endeavors to attain that peace are limited by

certain human constraints, of which the first is the human body. We neither know about our past lives, nor about our future. The only thing that we know is what we are in our present life. Hence, we do not understand the implication of the laws of karma to discipline us in the present. To ensure peace, we need to understand that peace is a composite phenomenon.

Hence, one cannot hope to live in peace without wishing well for others. Our positive actions can generate and sustain peace. With divine knowledge, the road to spiritual endeavor and attainment of a peaceful state of mind opens up. Unless we take peace with ourselves, we cannot be peaceful beings. So, make yourself peaceful to see the world around you naturally turning calm.

8. Love yourself to love others

We are born with our set of likes and dislikes that shape our personality from childhood. It will not be exaggerating to say that one of the greatest causes of conflict in our life is the feeling of dislike for others. There is a saying – **a person disliked is a person remembered**. Many of us ponder over the faults and mistakes of others. Why do we allow ourselves to waste time over such a fruitless experience? We should change our perspective of people from negative to positive.

When we are dissatisfied from within, we are inclined to be dissatisfied with everyone and everything. We do not know the real cause of dissatisfaction. It's a proven fact by modern day psychologists, people are generally unhappy with who they are, which means they do not like themselves. So, if we are not positive from within, then on what basis can we be positive about others? Therefore, the only way out of this problem is to ensure that we have a positive visit within us.

9. LIVE IN HARMONY WITH NATURAL ORDER

ਮਨੁ ਤਨੁ ਅਰਪੀ ਆਪੁ ਗਵਾਈ ਚਲਾ ਸਤਿਗੁਰ ਭਾਏ ॥

I offer my mind and body, and I renounce my selfishness and conceit;
I walk in Harmony with the Will of the True Guru ------68

We live in a society where everyone pretends to be straight forward. But humans, as a species, are highly unpredictable. However, humans who are considered to be the most developed and evolve species of living forms on earth are a class apart. The most critical faculty that distinguishes us is our intellect.

But a thorough research conducted over the years shows that in the course of human journey through interaction with other human beings, the original power and purity of human intellect gradually diminishes. The slow decay manifests itself in the form of weakness or vices such as lust, anger, greed and ego. The same intellect, which exalts us to the status of divine beings, when wrongly used, can turn us into the most fearsome, terrible and destructive being on this earth.

So what is the solution to this mass degradation of human intellect? It is to cure human nature, without which there cannot be harmony. We all have the seed of all goodness and the potential to become pure beings who live and let everything on this earth exists in it natural order. Returning back to our true identify of being peaceful, pure and blissful souls playing our part as human nature will restore everything in this world to its original harmonious order, bringing enlightenment to humanity.

With all these virtues & a positive attitude, we empower ourselves and at the same time empower others. So let us all open a **'SAVINGS ACCOUNT IN A GOOD WISHES BANK'** and start depositing good wishes daily to make our future happy, peaceful & prosperous.

AURA OF HAPPINESS

Life has always been an amalgamation of expectations. Some get fulfilled, but forever elude you, however much you try. They keep pulling you towards them like a magnetic field, coercing and cajoling your mind to achieve what others seem to have. Achievements are a sign of one's existence, but we often start comparing ourselves to others, little knowing that each person has his own limitations. We should look beyond comparisons and introspect without raising a finger at oneself.

God has given humans the ability to dwell on our thoughts and to churn out the nectar from within. This inherent nectar brings forth clarity of thoughts and helps us to live life with dignity. Find quality within and work towards it, polishing it with your hard work, till it shines brightly in your eyes, providing a sense of satisfaction to your own individuality.

The ability and positivity to see a glass half full take us on the road to a happy, contented journey of life. We keep striving for a better future, but on the way, out thoughts dwell on the past, wanting to have done things differently.

All this while we forget to live in the present, to live each day as it comes. Work towards an accomplished life, but do not forget or ignore the present. Take each day as it comes and let things that bother you as little space of your day as possible. Enjoy your present to the hilt, building an aura of happiness around you.

SILENCE CAN BE GOLDEN

Life is a beautiful journey that teaches us a number of lessons. It is real teacher that imparts such knowledge that no school can expect to provide. In the journey, we experience many varied situations & tread rocky terrains and are put into path breaking situations which gives us lessons. But do we take all those leanings and learn from the mistakes? Many of us don't.

On the contrary, we keep experiencing countless hardships but take no lessons from it, which leads to suffering. However, if after a certain age, we begin to introspect, we will reach a stage where we will not get into arguments with anybody. We will ultimately accomplish the understanding that arguments are worthless and there is no point in proving out point to anybody.

And above all, this feeling of not being answerable to anyone is extremely satisfying. It leaves the mind unhindered. It is a beautiful situation which brings a person to a different level in life, where one is out of the worthless discussions and is in an absolutely peaceful state of mind. And, that truly is an achievement.

If we are able to overcome the urge to reply & react to all the things that are said to us, we have won a big personal battle because most of our problems are a result of that urge to respond.

At times silence can be golden.

BE GOOD TO YOURSELF

It is not important whether we believed in spirituality of not, so long as we understood and lived by the four principles of spirituality.

1. Whomsoever you encounter is the right one. No one comes into our life by chance. Everyone, with whom we interact, represents something. Whether to teach us something or to help us improve a current situation.

2. Whatever happened is the only thing that could have happened. That happening helps us to move forward in life. Every single situation in life, which we encounter, is perfect, even when it defies our understanding and our ego.

3. Each moment in which something begins is the right moment. Neither earlier nor later.

4. What's over is over. When something in our life ends,

it helps our evolution.

Pursue your goals ardently. However, if the outcome falls short, accept the result and move on. Be good to yourself and stay happy. Tomorrow will come, and when it does, keep the faith. Either you'll receive what you are seeking or you'll learn a lesson on how to better yourself and pay off your karmic debt.

DO YOUR BEST & FORGET

We keep on worrying about things that may never happen. This happens because of our poor understanding of ourselves & the outer world that keeps us puzzling all the time. Let us face the reality & try to convince ourselves that any kind of worrying is like breeding diseases. Therefore, wisdom lies in understanding that worrying today about what may happen tomorrow is highly misplaced.

Focus on problems, you will have more problems; & when you focus on possibilities, you will have more opportunities. That means worry not only spoils our present moment when we could do wonders, it also casts a black shadow on our tomorrow.

We need to control worry & let it not overburden us so that our presence of mind & happiness is not disturbed. Worry has a vicious tendency to make you see only the negative aspects of life by undermining all that is good & enjoyable in life. It is like a parasite that ultimately destroys the parent body.

So the best thing to do is to do your best & forget everything else that robs you of your progress & happiness. We are born to laugh & not to cry.

BRIDGE BETWEEN THE GOALS AND THE ACCOMPLISHMENT

The importance of discipline cannot be undermined in any manner. Be it on a playground, a social function or even on the battlefield, only those come out winners who play a disciplined role.

The most acceptable dictionary definition of discipline could be found is, "Training or way of life aimed at self control & conformity." This indicates the requirement of a strong willpower, a sense of good and bad & understanding the value of time. You miss the bus just because you are careless enough to be alert & you don't go by the basic ways of life that are required to be played to come to a meaningful end.

As well said, "Bridge between the goals and the accomplishment." That means it is that pivotal enabler to help you surmount the obstacles that come your way. But for discipline, your talent, energy & inspirations go haywire. Cultivating discipline makes you convert your talent into your ability to take on anything in a much easier way.

And then one has to keep in mind that without discipline, one tends to shirk all that is noble and good and need hard work. As a result, over a period of time, one is left behind in the race of the noble journey of life. And this brings in devastating frustration and self loathing.

SMALL CHANGES

While it is true that there is no law which compels us to say 'please' and 'thank you', courteous words like those are the 'small change' to pave our way as social beings. The first requirement of civility is that we should acknowledge a service. Courteous behaviour leads to an easy 'give and take' relationship. Courteous of trivial character are the ones which strike deepest in other's hearts. It is these little courtesies which keep life's machine oiled and running smoothly.

But, at the same time, the test of good manners is to be patient with the bad ones. If we stick with our courtesies even in the face of provocation, we find that even the most 'difficult' and 'fastidious' people can be won over. Thus, courtesies never go waste. Moreover, courtesies are contagious.

Being exposed to good manners, people are more likely to behave properly and observe decorum. It would be an unusually uncouth person who can be violently disagreeable with genteel people.

Good manners, like good weather, cheer up one's spirits. A well-mannered person descends on even the gloomiest of us with something of the benediction of a fine day. The great saying, "if a man be gracious and courteous to strangers, it shows that he is a citizen of the world." Make sure you are.

SIMPLE ACT OF SHARING

Happiness, in its true sense, is achieved when the three legs of human existence --- mind, body & soul ---- dance in unison. It is when the body is free to act according to what the mind has imagined, accompanied by the approval from the soul.

Whenever, any of the three legs tumble, our existence becomes bereft of this true bliss called happiness. Like energy, happiness too, can neither br created nor be destroyed but can be only discovered within ourselves. It is, at times, allowed to be overshadowed by a few impermanent miseries of life.

Our focus should always be on happiness and we shouldn't give away with to despair. It's true that happiness is contagious and we should try to appreciate this unique character of it by spreading it not only among our near and dear ones but also among

those having no one in their lives to share this beautiful emotion with.

Even a simple act of sharing some happy moments with others can transform their lives into beautiful memories that they have only dreamed of. Let's pledge to delve deeper into our everyday lives to spread this happiness so that it multiplies and reaches people who genuinely need it.

WINDOWS OF HOPE

When things go from bad to worse, we should never shut the windows of hope. Our lives are like a roller-coaster and for some of us the ride seems forever downhill. We feel overwhelmed by the never-ending thorny path that we are compelled to tread upon.

The formidable circumstances often make us wonder the unfairness of life and irrational biases in people. Engulfed in turmoil we close our eyes so tightly that we fail to see the opportunities in our direction.

No matter what challenges you come across, remember there is always light at the end of the tunnel. Keep faith in the Almighty and his scheme of things as we have limited vision of what he has designed for us. Accept rather than question the obstacles that create a roadblock in life. Most important, open your souls and minds to receive the blessings that he sends to uplift your spirits.

COMPASSION HELPS US REALISE THAT WE BELONG TO EACH OTHER

If we are not compassionate, we are neither humans nor humane. Because the first & the most important trait a human being needs to possess is compassion. Compassion is quality that provokes positive vibes and it makes one respond to other' problems by motivating a desire to extend any kind of possible help in order to lessen others' pain and suffering.

My definition of compassion is that it is a "COMPOUND" of love, sympathy and desire to help. And we know one who is compassionate goes out of one's way to face any problem in order to alleviate others' sufferings.

Such people will always feel they are not doing any favour, but only carrying out their duty which gives them immense satisfaction and happiness. There is no exercise better for the heart than reaching down and lifting people up. Lift the fallen up, and you see great changes taking place not only in others' lives but in yours too.

Even then, today, most of us usually fail to understand the magic of a kind word, a smiling faces or a caring hand. We don't understand the magic of a kind word, a smiling faces of a caring hand. We don't understand that a small, kind gesture that we could offer could have a greatly healing power on those in need. It costs us nothing but for the needy it would be a truly godly hand that shows miraculous powers.

If the world today lacks peace and progress, it is all because of the lack of compassion that has led us to go for each others' blood. That is what well said, "If we have no peace, it is because we have forgotten that we belong to each other."

" THE VIRTUOUS DESIRE FOR FUTURE GOOD "

HOW TO CARE FOR OTHERS

Why should we care about other people? Especially these days, living as a do in a culture of greed and selfishness where the majority are solely concerned about feathering their own nests. Perhaps the most potent reason for caring for others is that we long to be cared for ourselves. One of the most insidious symptoms of these degenerate times is that so many people uncared for and put all their effort into trying to feel loved by friends, lovers and even members of the clubs they join.

We should begin to practice feeling love and compassion for others by first thinking about what our mother went through when she had us. Of course, we must also remember that the concept of 'mother' is perceived differently depending on the culture and the times in which we live. These days, for example, too many children are neglected and abused by their parents for many of us automatically to respond positively to the idea of a mother.

Therefore some of you may not find this example helpful, but it's just an example. If you prefer, think about an aunt, or a good friend or a brother who you know loves you. Cares for you and only wants the very best for you misses you when the the two of you are apart and wakes up in the middle of the night worrying about you. Now imagine that every single sentient being has loved and cared for you in this way.

LIVING A FULL LIFE BEGINS BY LIVING SMALL DREAMS

Everyone wants to have a good life with all the good things of life available in abundance. And yes, that is the way to go. You seek the best and you stand a good chance of getting it. In other words, we must try to live and enjoy life fully instead of being content with mere existence. Life is full of great excitement and limitless potential to go beyond what we can see and think of.

Learning to live is as simple as forgetting to live. All that you have to do is to see how you can make the best use of all that you have.

Putting into action whatever ability you possess into the area of your passion with short and long term plans takes you closer to your goal. Each day makes a difference so you see your dream nearer and clearer.

Make sure we don't live to regret at the end of our lives that we never really lived.

Eve ry day you dream, some of those dreams are easily realised and the rest require time and hard work. Beginning life by giving shape to your easier-to-realise dreams first can go a long way in enabling you to fulfil the more difficult ones.

Lord Buddha said: “There are two mistakes one can make along the road to truth.... not going all the way, and not starting”.

So, the need to start what is possible and necessary is the beginning of a long and exciting journey.

Saint Francis of Italy had said that by doing what is possible, you are beginning to tackle what is impossible.

What happens is that the small achievements of your life 'gang up' to show you the ways to pluck the fruits from the 'higher branches'.

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ਮੂਰਖੈ ਨਾਲਿ ਨ ਲੁਝੀਐ ॥

Don't argue with fools.

Never argue with an idiot. They will only bring you down to their level. Because they will let you up to their level or they will affect your sublimated thoughts & followed thoughts or they can make you mentally disturbed. By not to talk with them on that matter or not to argue them is not an ideal solution, rather its finding a safe, secure and easy way to prevent you from the possibility of happening of up written things.

To follow ideal solution you have to be internally enough strong to get unaffected from impact of wrong waves coming from the other side and also you have to be enough strong & liberal to accept the pertinent thoughts and direction to any reasonable & good thoughts about that were not aware or were wrong.

An idiot can remain idiot in his life if everyone ignores them to talk sensibly. So to keep in mind the gratefulness of humanity you should encourage making them sublimate.

ਬਾਦੁ ਬਿਬਾਦੁ ਕਾਹੂ ਸਿਉ ਨ ਕੀਜੈ ॥

Do not engage in any arguments or debates with anyone .

Answer not a fool according to his folly, lest thou also be like unto him. Anyone who has ever argued with people like this, or has witnessed some poor soul try, knows the futility of the endeavour.

ਕਾਹੂ ਬਿਹਾਵੈ ਬੇਦ ਅਰੁ ਬਾਦਿ ॥

Some pass their lives in arguments and debates about scriptures.

ਕਾਹੂ ਬਿਹਾਵੈ ਰਸਨਾ ਸਾਦਿ ॥

Some pass their lives tasting flavours.

The world is full of people with diverse backgrounds and experiences and we're not going to have a unanimous consensus. Some people are belligerent and argumentative. They annoy us and torment us. In this online age, this can become more invasive and more distracting.

ਜਿਉਂ ਜਲਿ ਕਵਲ ਅਲਿਪਤੁ ਹੈ
ਘਰਿਬਾਰੀ ਗੁਰਸਿਖਿ ਤਿਵਾਹੀ॥

As the lotus remains unsmeared in water, the same is the position of the householder Sikh.

Try not to get too distracted by the fools in your life. I'm guessing that you won't be able to win them over, but you'll just end up banging your head against a brick wall.

ਦੂਜੈ ਲਗੇ ਪਚਿ ਮੁਏ
ਮੂਰਖ ਅੰਧ ਗਵਾਰ ॥

Attached to duality, the foolish, blind and stupid people waste away and die....85

It's not also worth adding that not everyone who disagrees with you is a fool, nor should they be treated like one. There is nothing wrong with intelligent debate with sensible people who can expand your mind and challenge your thinking.

ਅਕਲਿ ਏਹ ਨ ਆਖੀਐ
ਅਕਲਿ ਗਵਾਈਐ ਬਾਦਿ ॥

Wisdom which leads to arguments is not called wisdom.....1245

FORGIVENESS WILL HELP LET GO TO THE PAST

Forgiveness, like so many other things in life, is easier said than done. We all seek forgiveness when we do anything wrong, but out stance is quite different when someone seeks for forgiveness from us. This is because we find it hard to let go. If we do not learn to forgive, resentment will poison us. We would end up carrying a burden of resentful thoughts.

The only way to release ourselves from is to forgive. The power of forgive comes from compassion, which means we should compassionately and peacefully move forward towards what is better. But we must learn to forgive ourselves, as well as others.

Forgiving ourselves means letting go of the past but it also means not making the same mistakes again. If we want to be forgiven, then we must be willing to forgive first, because the one who forgives first proves his love.

ਜੇ ਬਹੁਤੇਰਾ ਪੜਿਆ ਹੋਵਹਿ
ਕੋ ਰਹੈ ਨ ਭਰੀਐ ਪਾਈ ॥

You may be very educated, but no one can remain when the measure of life is full.

Educated and literate, both terms are used for same kind of people who have the knowledge to read and write. But difference lies in the fact that literate is a person who apply their knowledge in their practical life. Their attitude, behaviour and personality have a great impact of their learning as compared to educated person.

A literate person is the civilized and well mannered member of their society. They feel their responsibility to depict knowledge in their personal attitude and they become the role model for other persons. They give respect to others and in return rewarded by the dignity. But an ill mannered person with higher education can't get the same status among people. Though they are highly qualified and may be holding a valuable position in their job. But their behaviour makes people to hate them. Nobody likes to communicate with them.

ਪੜਿਆ ਮੂਰਖੁ ਆਖੀਐ
ਜਿਸੁ ਲਬੁ ਲੋਭੁ ਅਹੰਕਾਰਾ ॥.

That scholar who is full of greed, arrogant pride and egotism, is known to be a fool.

So, it's better to behave like a literate person rather than to be highly educated but of no use. Both persons enjoy same life and possess same duties then why a person should abuse themselves by their violent and arrogant behaviour. Human beings are supposed to be Crown creature over others.

So, there should be some differences between the behaviour of animals and human beings. If we think upon this point that even an animal get trained when they learns. Then why humans can't implement their education and learning in lives. Man is the highly selected and complicated organism of evolutionary chain.

ਹਉਮੈ ਵਿਚਿ ਸਭਿ ਪੜਿ ਥਕੇ
ਦੂਜੈ ਭਾਇ ਖੁਆਰੁ ॥

Reading in egotism, all have grown weary; through the love of duality, they are ruined.

As said by Albert Einstein “Ego = 1/Knowledge

“More the knowledge Lesser the Ego, Lesser the Knowledge more the Ego...”

He/she is highly organised and most intelligent of all that he/she even got control over the whole universe. Still he/she is revealing the secrets of nature. So, it's quite easy and simple for a person to be educated and after that to be civilized and well mannered. People boast up with beauty and superior position. So, they can make themselves up with moral values and it would also help them to spread peace and love throughout the world.

ਪੜਣਾ ਗੁੜਣਾ ਸੰਸਾਰ ਕੀ ਕਾਰ ਹੈ
ਅੰਦਰਿ ਤ੍ਰਿਸਨਾ ਵਿਕਾਰੁ ॥

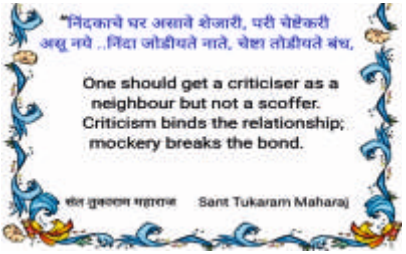
Reading and studying are just worldly pursuits, if there is thirst and corruption within.

ਹਉਮੈ ਵਿਚਿ ਸਭਿ ਪੜਿ ਥਕੇ
ਦੂਜੈ ਭਾਇ ਖੁਆਰੁ ॥

Reading in egotism, all have grown weary; through the love of duality, they are ruined.

Both literacy and education helps one in the long run. Unfortunately, we only run behind literacy and evade education. They are only considered good enough when they produce their degrees. But then, it is possible for one to have a lot of degrees and yet not be educated. Again, the wisest man in the town may not be literate. One should always aim to educate oneself in whichever way possible.

CRITICISM IN YOUR DAILY LIFE


"निंदकाचे घर असावे शेजारी, परी चेष्टेकरी
असू नये ..निंदा जोडीयते नाते, चेष्टा तोडीयते बंध.
One should get a criticiser as a
neighbour but not a scoffer.
Criticism binds the relationship;
mockery breaks the bond.
संत तुकाराम महाराज Sant Tukaram Maharaj

People will ridicule you whenever you attempt to do something new. They will try to convince you that you are going to be a failure when you feel it is worth staking your life on your goal. They will talk behind your back and call you crazy even when you are pursuing it diligently and results are showing slowly. But that is okay, if you believe in yourself and are determined to do whatever it takes to achieve your dream, the same people will eventually look up to you and call you a role model.

At the same time, sometimes Criticism may be very useful. It helps us improve, especially when it comes from someone knowledgeable or someone close to us who wants us to succeed.

So the final lesson when it comes to criticism is this – Evaluate the nature and the source of criticism. What is based on your true weak points, try and correct it. What is false or motivated by factors other than cold hard facts, REJECT it. See Criticism as an opportunity to improve.

ਨਿੰਦਾ ਹਮਰਾ ਕਰੈ ਉਧਾਰੁ ॥
Slander is my salvation.

ਜਨ ਕਬੀਰ ਕਉ ਨਿੰਦਾ ਸਾਰੁ ॥
Slander is the best thing for servant Kabeer.

Sant Tukaram Maharaj says that if there is a slanderer next door, he will slander you step by step, that is, he will examine the work you have done and talk about exactly who you have wronged. If not, take it positively, if the point he said is convincing, if it is right, then we must change in ourselves, it will lead to our prosperity.

Keep moving on towards your goal with the same focus as before. You will Carve Your Destiny.

ਅਹਿਰਖ ਵਾਦੁ ਨ ਕੀਜੈ ਰੇ ਮਨ ॥

Do not indulge in envy and bickering, O my mind.

ਸੁਕ੍ਰਿਤੁ ਕਰਿ ਕਰਿ ਲੀਜੈ ਰੇ ਮਨ ॥

By continually doing good deeds, these are obtained, O my mind.

A man must be big enough to admit his mistakes, smart enough to profit from them, and strong enough to correct them. Yet when a mistake is made, people try to pretend that it did not happen. They try to cover it up, justify the wrong situation, and that leads to additional mistakes.

Quite often, more damage is done to relationships, trust and integrity by the actions taken after the original mistake. This is true in personal relationships as also in any other relationship. Most often, people get prosecuted, not for the original crime, but for the attempt to cover it up by lying.

Of course there is a choice when a mistake is made — admit it, learn from it, correct it and apologize to those that were adversely affected. Mistakes are always forgivable, if one has the courage to admit them. That is, there is power in properly admitting a mistake.

Accepting personal responsibility – which is taking ownership of your own behaviour, mistakes and the consequences of that behaviour. Until you accept responsibility for your actions or failures, it will be very difficult for you to develop self-respect or even have the respect of others.

ਆਪੇ ਤਖਤਿ ਬਹੈ ਸਚੁ ਨਿਆਈ ਸਭ ਚੂਕੀ ਕੂਕ ਪੁਕਾਰਿਆ ਜੀਉ ॥੩॥

He Himself sits on the throne of true justice, answering the cries and prayers of all.

Rather than trying to cover up a mistake, there can be many personal and organizational advantages to properly admitting a mistake. Actually anyone who has never made a mistake has never tried anything new.

Here's why you should admit a mistake:

* Averts the need to continue to defend a difficult or incorrect position.

* Increases leadership credibility.
* Avoids additional mistakes trying to cover up or 'adjust' for the original mistake.
* Reduces personal stress and tension.
* If you take responsibility for a mistake on behalf of others who participated, it builds loyalty.

ਗੁਰਮੁਖਿ ਹਉਮੈ ਚੂਕੈ ਪੀਰ ॥

The Gurmukhs have the pain of egotism taken away.

ਗੁਰਮੁਖਿ ਮਨੁ ਨਿਰਮਲੁ ਫਿਰਿ ਮੈਲੁ ਨ ਲਾਗੈ ਗੁਰਮੁਖਿ ਸਹਜਿ ਸਮਾਵਣਿਆ ॥

The minds of the Gurmukhs are immaculate and pure; no filth ever sticks to them again. The Gurmukhs merge in celestial peace.

So actually, admitting and correcting mistakes does not make you look weak; it actually makes you look stronger. The man with insight enough to admit his limitations comes nearest to perfection.

Be humble to see your mistakes,
courageous to admit them.

ਪੜਣਾ ਗੁੜਣਾ ਸੰਸਾਰ ਕੀ ਕਾਰ ਹੈ ਅੰਦਰਿ ਤ੍ਰਿਸਨਾ ਵਿਕਾਰੁ ॥

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ਪੜੇ ਸੁਨੇ ਕਿਆ ਹੋਈ ॥

What use is reading and listening,

ਜਉ ਸਹਜ ਨ ਮਿਲਿਓ ਸੋਈ ॥

if celestial peace is not attained?

A literate person is the civilized and well mannered member of their society. They feel their responsibility to depict knowledge in their personal attitude and they become the role model for other persons. They give respect to others and in return rewarded by the dignity.

But an ill mannered person with higher education can't get the same status among people. Though they are highly qualified and may be holding a valuable position in their job. But their behaviour makes people to hate them. Nobody likes to communicate with them.

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ਗੁਰਮੁਖਿ ਹੋਵੈ ਸੁ ਪੂਜਾ ਜਾਣੈ
ਭਾਣਾ ਮਨਿ ਵਸਾਈ ॥

One who becomes Gurmukh, knows what worship is; the Lord's Will abides within his mind.

Every day early morning a little girl would come to the temple and stand before the idol, close her eyes and with folded hands, murmur something for a couple of minutes. Then she would open her eyes, bow down, smile and go out running. This was a daily affair.

The temple Poojari was observing her and was curious about what she was doing. He thought, she is too young to know the deeper meanings of religion, she would hardly now any prayers. But then "what was she doing every morning in the temple?"

Fifteen days passed & Poojari now couldn't resist but to find out more about her behaviour.

One morning, the Poojari reached there before the girl and was waiting for her to complete her ritual. He placed his hand on her head and said, “My child, I have seen since the last fifteen days that you come here regularly. What do you do?

ਕਵਨ ਸੁ ਪੂਜਾ ਤੇਰੀ ਕਰਉ ॥

What worship service shall I perform for You?

“I pray,” She said spontaneously.

“Do you know any prayers?” asked the Poojari with some suspicion in his voice.

“...No” Replied the girl.

"Then what are you doing closing your eyes, every day?” he smiled. Very innocently the girl said:“I do not know any prayer, but I know "a,b,c,d.... upto z*." 'I recite it five times' and tell God that, "I don't know your prayer, but it cannot be outside of these alphabets."

ਪੂਜਾ ਅਰਚਾ ਬੰਦਨ ਦੇਵਾ ॥

such is my worship, flower-offerings and divine adoration as well.

Please arrange the alphabets as you wish & that is my prayer.”

ਤੁਮ੍ ਹੀ ਜਾਨਹੁ ਅਪਨੀ ਪੂਜਾ ॥

You alone know Your worship and adoration.

And then she ran, jumping on her way out. The Poojari stood there dumbstruck, staring at her for a long time as she disappeared running in the wilderness.This indeed is an UNCONDITIONAL belief in God.*

No matter in what form or language you pray; God will listen.

All you need to do is believe.

ਆਪਸ ਕਉ ਦੀਰਘੁ ਕਰਿ ਜਾਨੈ
ਅਉਰਨ ਕਉ ਲਗ ਮਾਤ ॥

You believe that you yourself are great, and that others are small. deeds, these are obtained, O my mind.

Once upon a time, there was a rose that was very proud of her beautiful look. The only disappointment was that the rose grew next to an ugly cactus. Every day the rose would insult the cactus on his looks, but the cactus stayed quiet.

ਜੋ ਜਾਨੈ ਮੈ ਜੋਬਨਵੰਤੁ ॥
One who deems himself to have the beauty of youth,
ਸੋ ਹੋਵਤ ਬਿਸਟਾ ਕਾ ਜੰਤੁ ॥
shall become a maggot in manure.

All the other plants and trees around the rose tried to stop it from bulling the cactus. But the rose was too swayed by its beauty to listen to anyone.

ਗਰਬੁ ਨ ਕੀਜੈ ਰੇਣ ਹੋਵੀਜੈ
ਤਾ ਗਤਿ ਜੀਅਰੇ ਤੇਰੀ ॥

O soul, don't be so arrogant - become the dust of all, and you shall be saved.

Spring passed; summer came. There was no rain, the garden dried up and there was no water for the plants. The rose slowly began to lose its beautiful colour and started to wilt.

ਧਨ ਜੋਬਨ ਕਾ ਗਰਬੁ ਨ ਕੀਜੈ ਕਾਗਦ
ਜਿਉ ਗਲਿ ਜਾਹਿਗਾ ॥

Do not take pride in your wealth and youth; you shall crumble apart like dry paper.

Rose saw a sparrow dip its beak into the cactus and drank water from it. The rose felt ashamed to ask help from the cactus, but finally, it did ask.

ਨਾਨਕ ਤੇ ਨਰ ਅਸਲਿ ਖਰ
ਜਿ ਬਿਨੁ ਗੁਣ ਗਰਬੁ ਕਰੰਤ ॥

O Nanak, those people are really donkeys; they have no virtue or merit, but still, they are very proud.

The kind cactus agreed happily. The sparrow watered the rose. They both became friends & got through summer.

Moral :

Never judge anyone by their appearance. Don't judge by the appearance. Boasting & pride leads to a downfall.

The more beautiful the serpent, the more fatal its sting.

- William Scott Downey

ਦੁਖਿ ਨ ਰੋਵੈ ਸੁਖਿ ਨ ਹਸੈ ॥

After rains people sow corn in it and even after (getting heat) fire new seedlings sprout from it. It does not wail in suffering nor laughs in pleasure.

If there is no struggle in life, then there is no taste of success. Everyone's life journey is started with a struggle, then the person makes mistakes, learns from those mistakes, & moves forward toward his goal.

The hard times are more valuable things in everyone's life. There are certain life lessons that you can only learn in the struggle. The way we see it, hard times aren't only about money, or drought, or dust. Hard times are about losing spirit, and hope, and what happens when dreams dry up.

ਦੁਖਿ ਰੈਣਿ ਵੇ ਵਿਹਾਣੀਆ
ਨਿਤ ਆਸਾ ਆਸ ਕਰੇਦਿਆ ॥

The mortal's life-night passes painfully, in constant hope and desire.

Life is not difficult, it is our desires that make life difficult. Sometimes you have to go through a very difficult phase. All you need to know is that you have to go through it, and just knowing this will be the biggest source of power for you.

Our difficulties are our deliverance from spiritual deadness. There is a life-pumping blessing in every setback. It's not come to end you. It's come to redefine your entire existence. When your target is too far away from you, you can make the distance shorter by ignoring the distance.

ਜੋ ਪ੍ਰਭੁ ਕਰੈ ਸੋਈ ਭਲ ਮਾਨਹੁ
ਸੁਖਿ ਦੁਖਿ ਓਹੀ ਧਿਆਈਐ ਰੇ ॥

Whatever God does, accept that with pleasure; in comfort and in suffering, meditate on Him.

When you ignore the difficulties, you obtain a great power. We must see challenges as virtues of opportunities for personal development. We will then have the strength to overcome the challenge.

ਸੁਖੁ ਦੁਖੁ ਦੁਇ ਦਰਿ ਕਪੜੇ
ਪਹਿਰਹਿ ਜਾਇ ਮਨੁਖ ॥

Pleasure and pain are the two garments given, to be worn in the Court of the Lord.

Life gives us roses and thorns, sunshine and rain. Life cannot always be a promising paradise for everyone as it comes with its own highs and lows. Quite often we complain about life not being at our mercy when things are not as we expected.

We hardly acknowledge the fact that we need to accept the uncontrollable and open our eyes to reality. At times, when we invest a lot of time, energy, money, trust and hope in manifesting our dream, it becomes a nightmare to accept the bursting of bubble of our self-delusion. But sometimes we just need to accept the facts and reality instead of questioning them in order to have mental peace and move on from what cannot be changed. We can learn from our mistakes and make amends. The day we start accepting the reality, we wouldn't fear challenges.

ਵੁਠੇ ਮੀਹ ਜਮਾਇਦੇ
ਡਵਿ ਲਗੈ ਅੰਗੂਰੁ ਵਿਗਸੈ॥

Plastered with sandal paste, it does not get attached to it and fouled up by creatures' excreta it does not sink with anger and shame.

ਦੁਖਿ ਨ ਰੋਵੈ ਸੁਖਿ ਨ ਹਸੈ ॥

After rains people sow corn in it and even after (getting heat) fire new seedlings sprout from it. It does not wail in suffering nor laughs in pleasure.

Everything cannot always be a bed of roses but if we rattle our head to change the unchangeable, we ruin our mental peace and even the chance to savour the good events of our lives.

Our thoughts are capable of wandering to the extreme end of the universe and dig out tragic experiences, but when we get ourselves back to the present, we may be just lying under a cosy blanket on out bed in an air-conditioned room and this doesn't seem so tragic.

We just need to pull the reins of our thoughts that indulge us into complaining about life. Sometimes all we can do is to accept the things the way they are.

ਸੁਖੁ ਦੁਖੁ ਦੋਨੋ ਸਮ ਕਰਿ ਜਾਨੈ
ਅਉਰੁ ਮਾਨੁ ਅਪਮਾਨਾ ॥

One who knows that pain and pleasure are both the same, and honor and dishonor as well,

ਹਰਖ ਸੋਗ ਤੇ ਰਹੈ ਅਤੀਤਾ
ਤਿਨਿ ਜਗਿ ਤਤੁ ਪਛਾਨਾ ॥

who remains detached from joy and sorrow, realizes the true essence in the world.

<u>Nothing is nicer than having someone who appreciates you in the smallest things.</u>

ਉਸਤਤਿ ਨਿੰਦਾ ਗੁਰਿ ਸਮ ਜਾਣਾਈ ਇਸੁ ਜੁਗ ਮਹਿ ਲਾਹਾ ਹਰਿ ਜਪਿ ਲੈ ਜਾਇ ॥

The Guru has inspired me to realize, that praise and slander are one and the same; in this world, the profit is obtained by chanting the Name of the Lord.

Appreciation is one of the most valued aspects of any healthy relationship. We usually put so much emphasis on how to know you're in love with someone who is loyal, honest, or a good communicator, that somehow, the importance of being appreciated by your people — which is just as vital as those other qualities — gets lost in the shuffle. But as someone who has experienced both relationships where you was appreciated and ones where wasn't, there is no comparison. You will never feel fully connected to someone unless you feel like they appreciate you.

Showing kindness can boost your own happiness. So consider whether helping others makes you feel good about yourself, even if others don't seem to appreciate you as much as you'd

like. You might have a chance to learn new skills or sharpen existing ones—like patience. You also might get a chance to exercise or time to be in the car by yourself. Take a look at all the things you gain from doing things for others and you might be surprised to see that there are many things to feel grateful for.

Focusing too much on the lack of appreciation you gain can cause you to forget to show appreciation for others.

But saying "thank you" to those around you can inspire others to appreciate you too. Thank your friends and family for all they do for you. You might show your appreciation with a verbal “thank you,” or you might send them a note reminding them how much you appreciate them. Whatever way you choose to show your appreciation, make it genuine and heartfelt.

Be on the lookout for exaggeratedly negative thoughts. Responding to your unhelpful thoughts with more realistic ones can help you feel a little more appreciated.

Knowing that you're valued as an individual may feel meaningful. It can help you feel energetic, more driven, or happier. When your significant other shows appreciation for your efforts in the relationship, they might make you feel confident and motivated. They might also communicate how much they value you.

We live, according to the cliche, in an age of instant communication". Only we don't. The truth is we live in an age when instant communication is possible - when your email, text or direct message might receive a reply in moments - but when that's often not, what actually happens. Feeling like you're being avoided or ignored which is very disheartening feeling, specially from your known one. Everybody knows that life gets hectic, but when it comes to Socio-Religious messages received from your well wisher or friends you'll have to own up to your tardiness at some point. Not everyone can handle asynchronous communication, especially if you're working.

Appreciation can be a vital aspect of an interpersonal connection, but ensure a lack of appreciation does not negatively affect your self-worth or mental health.

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ਪੜਣਾ ਗੁੜਣਾ ਸੰਸਾਰ ਕੀ ਕਾਰ ਹੈ
ਅੰਦਰਿ ਤ੍ਰਿਸਨਾ ਵਿਕਾਰੁ ॥

Reading and studying are just worldly pursuits, if there is thirst and corruption within.

ਹਉਮੈ ਵਿਚਿ ਸਭਿ ਪੜਿ ਥਕੇ
ਦੂਜੈ ਭਾਇ ਖੁਆਰੁ ॥

Reading in egotism, all have grown weary; through the love of duality, they are ruined.

We believe that Nation-building initiatives and efforts must come from enlightened citizens of character and courage. Education for under-privileged Children is the key. Education is important for everyone in the world.

An educated person has the ability to take viable decisions and make right moves at the right time. Education provides the ladder for achieving success in life and enables us to utilize skills and caliber in a constructive way.

Education plays a great role in the life. It develops personality of the people, provides physical and mental standard & transforms people's living status. Good education is constructive in nature which constructs our future forever.

ਅੰਦਰੁ ਖੋਜੈ ਤਤੁ ਲਹੈ
ਪਾਏ ਮੋਖ ਦੁਆਰੁ ॥

He searches within himself, and finds the true essence; he finds the Door of Salvation.

It helps a person to improve his/her status of mind, body and spirit. It is a single and vital way to the success as well as personal growth.

Being well educated never only means to earn certificates and good salary however it also means to be a good and social person in the life.

It helps us to determine whether something is good or bad for us and other persons related to us. The first purpose of getting good education is being good citizen and then being successful in personal and professional life.

ਗੁਣ ਨਿਧਾਨੁ ਹਰਿ ਪਾਇਆ
ਸਹਜਿ ਕਰੇ ਵੀਚਾਰੁ ॥

He finds the Lord, the treasure of excellence, and peacefully contemplates Him.

We are incomplete without a good education because education makes us right thinker and correct decision maker.

In such a competitive world, education has become a necessity for human beings after food, clothes and shelter.

It is able to provide solutions to all problems; it promotes good habits and awareness of other social issues.

ਸੋ ਪੜਿਆ ਸੋ ਪੰਡਿਤੁ ਬੀਨਾ
ਗੁਰ ਸਬਦਿ ਕਰੇ ਵੀਚਾਰੁ ॥

He alone is educated, and he alone is a wise Pandit, who contemplates the Word of the Guru's Shabad.

We learn to become a good person, learn to live in home, society, community and friend circle. The immediate future is going to be tragic for all of us unless we find a way of making the vast educational resources of this country serve the true purpose of education, truth and justice.

Let us join to eradicate illiteracy for a brighter & happier society.

Giving the best to Self

Any great, noble and divine task does not exhaust us. But instead the mind gathers fresh powers, grows to new strength. We must cultivate happiness by giving the best to our self.

We must learn to stand firmly determined to pursue what is noble, great and divine. The work of making a successful life demands constant application, faithful effort and intelligent thought. Only those who have lived it know the heights of joy to which the very “fatigue” of such noble work, can lead us....

The power of Seva or Service should flow through undemanding love, ungrudging dedication to all the creatures around. When we work earnestly with utmost love, that makes our days rich in joy and satisfaction, in happiness and contentment.

The only qualification we need is... Pure, clean heart and a ready and willing body. Reject pride, envy, impatience, fear and selfishness and cultivate steadily through conscious effort , kindness, love , purity , humbleness and reverence.

ਧਰਮ ਖੰਡ ਕਾ ਏਹੋ ਧਰਮੁ ॥

This is righteous living in the realm of Dharma.

SPIRITUALITY SHOWS US THE WAY TO LEAD A PROPER LIFE

Inner strength also comes when we interact with friends and family, which generates positive energy. The pivotal point is positivity because there cannot be a sense of fulfilment through falsehood.

Hence, the need of the hour is to live a life on spiritual principles, which allow us to keep a positive attitude, thereby making our life joyful. Spirituality is not a technique of worship.

Spirituality portrays how to lead a life, through which we end up being happy. A spiritual person is the one who has found deep contentment and also a sense of purpose.

So the right way to proceed is to first examine one self and then acknowledge the positive and negative traits within us.

ਸਗਲ ਕ੍ਰਿਆ ਮਹਿ ਊਤਮ ਕਿਰਿਆ ॥

Of all religious rituals, the most sublime ritual

ਸਾਧਸੰਗਿ ਦੁਰਮਤਿ ਮਲੁ ਹਿਰਿਆ ॥

is to erase the filth of the dirty mind in the Company of the Holy.

By doing so, we get the courage to change without any kind of fear and pretence. The basis of successful change for betterment is to understand the attitude, feeling and motive which drive us. It is this positivity of the self, which forms the foundation of our self-respect as human beings.

Religion is an inward step. It is something intimate that a human being does within oneself. It is not something that you organise and to on the street.

ਘਰੁ ਬੰਧਹੁ ਸਚ ਧਰਮ ਕਾ
ਗਡਿ ਥੰਮੁ ਅਹਲੈ ॥

So build your home of true righteousness, with the unshakable pillars of Dharma.

ਹਉ ਢੂਢੇਦੀ ਜਗੁ ਸਬਾਇਆ ਜਨ
ਨਾਨਕ ਵਿਰਲੇ ਕੇਈ ॥

I have searched the whole world; O servant Nanak, how rare are such persons!

There are people who tread on the common path which the world follows. And then there are a few who think and do things differently.

Who dare to step aside and pave their own paths. Whose hearts become their guiding light and whose courage give them the confidence to break barriers and make a positive change.

While the world sometimes acknowledges them, they often become the unsung heroes. Inspired by real people like Bhai Ghanaiyaji, Mother Teressa, Baba Amte, Bhagat Puran Singh and many others who have made a difference to themselves and/or to society.

ਨਾਨਕ ਵਿਰਲੇ ਪਾਈਅਹਿ
ਤਿਸੁ ਜਨ ਕੀਮ ਨ ਮੂਲਿ ॥

O Nanak, such a person is rarely found; the value of such a humble person can never be estimated.

These inspiring people listen to their heart and not to what others dictate. Such people who despite being common, are one in a million. Like such people who we see every day around us. They exist amongst us. They have the same problems as we do, they are as much impacted by the troubles we face. They are not different from everyone else other than in their thought. They have the courage and resilience to rise above situations and do what their heart dictates and not what society dictates or what is generally expected in a situation. They see God in every human being.

ਸਖਾ ਸੈਨੁ ਪ੍ਰੇਮੁ ਗੋਬਿੰਦ ॥

The Love of the Lord God is one's family and friends.

There is a terrible hunger for love. We all experience that in our lives – the pain, the loneliness. We must have the courage to recognize it. The poor you may have right in your own family. Find them. Love them. Put your love for them in living action.

For in loving them, you are loving God Himself. It is not how much we do, but how much love we put in the doing. It is not how much we give, but how much love we put in the giving. To God there is nothing small. The moment we have given it to God, it becomes infinite.

ਐਸੇ ਜਨ ਵਿਰਲੇ ਜਗ ਅੰਦਰਿ
ਪਰਖਿ ਖਜਾਨੈ ਪਾਇਆ ॥

How rare are those humble beings in this world, whom the Lord tests and places in His Treasury.

ਜਾਤਿ ਵਰਨ ਤੇ ਭਏ ਅਤੀਤਾ
ਮਮਤਾ ਲੋਭੁ ਚੁਕਾਇਆ ॥

They rise above social status and color, and rid themselves of possessiveness and greed.

You have to be holy in your position as you are, and I have to be holy in the position that God has put me. So it is nothing extraordinary to be holy.

Holiness is not the luxury of the few. Holiness is a simple duty for you and for me. We have been created for that.

ਸਚਹੁ ਓਰੈ ਸਭੁ ਕੋ
ਉਪਰਿ ਸਚੁ ਆਚਾਰੁ ॥

Truth is higher than everything; but higher still is truthful living.

Values are individual beliefs that motivate people to act one way or another. They serve as a guide for human behavior.

Generally, people are predisposed to adopt the values that they are raised with. People also tend to believe that those values are "right" because they are the values of their particular culture. Ethical decision-making often involves weighing values against each other & choosing which values to elevate. Conflicts can result when people have different values, leading to a clash of preferences and priorities.

ਗਲੀ ਅਸੀ ਚੰਗੀਆ
ਆਚਾਰੀ ਬੁਰੀਆਹ ॥

We are good at talking, but our actions are bad.

Some values have intrinsic worth, such as love, truth, and freedom. Other values, such as ambition, responsibility, and courage, describe traits or

behaviors that are instrumental as means to an end.

ਆਚਾਰੀ ਨਹੀ ਜੀਤਿਆ ਜਾਇ ॥
Through ritual actions, God cannot be won over;

A. Values are considered sacred and are moral imperatives for those who believe in them. Sacred values will seldom be compromised because they are perceived as duties rather than

B. as factors to be weighed in decision-making.

So, whether values are sacred, have intrinsic worth, or are a means to an end, values vary among individuals and across cultures and time.

ਕਰਿ ਆਚਾਰੁ ਸਚੁ ਸੁਖੁ ਹੋਈ ॥
Living a righteous lifestyle, true peace is found.

However values are universally recognized as a driving force in ethical decision-making.

ਆਪਨ ਕੀਆ ਕਛੂ ਨ ਹੋਇ ॥
By one's own actions, nothing is accomplished,
ਜੇ ਸਉ ਪ੍ਰਾਨੀ ਲੋਚੈ ਕੋਇ ॥
even though the mortal may wish it so, hundreds of times.

This Gurbani Quote tells that whatever man proposes as his objective to achieve by exercising his will power, efforts and intellectual potentialities, there is a limit to his abilities and there is some supernatural power – God - to determine the shape of things and its end.

Sometimes or most of the times the end may be against man's proposal. People very often use this statement during their conversation. Man can place before himself a lofty objective and can strive hard to achieve it by putting forth all his efforts and other possibilities. But there is a limit to man's abilities.

It has been well said. There is a supernatural power that determines the shape of things and that power. God shapes the end of our objective too. Man can only propose to achieve something and toil himself towards the achievement.

ਆਪਨ ਕੀਆ ਕਛੂ ਨ ਹੋਵੈ
ਕਿਆ ਕੋ ਕਰੈ ਪਰਾਨੀ ॥
By one's own efforts, nothing is done. What can the mere mortal accomplish?

Even the achievement itself is not in his hands. Of course the ancient Greek critic - Heraclites - says, "Man is the architect of his destiny".

Shakespeare, in his tragedy plays too, does not bring in fate or God as a power determining the shape of things. He introduces the clement of chances that turns the course of the play.

ਕੀਤਾ ਕਰਣਾ ਸਰਬ ਰਜਾਈ
ਕਿਛੁ ਕੀਚੈ ਜੇ ਕਰਿ ਸਕੀਐ ॥
All that happens, and all that will happen, is by His Will. If we could do something by ourselves, we would.
ਆਪਣਾ ਕੀਤਾ ਕਿਛੁ ਨ ਹੋਵੈ ਜਿਉ
ਹਰਿ ਭਾਵੈ ਤਿਉ ਰਖੀਐ ॥
By ourselves, we cannot do anything at all. As it pleases the Lord, He preserves us.
ਮੇਰੇ ਹਰਿ ਜੀਉ ਸਭੁ ਕੋ ਤੇਰੈ ਵਸਿ ॥
O my Dear Lord, everything is in Your power.

Anyhow, there is some power which shapes the end and so it is very apt to say - Man proposes God disposes.

ਬਸਇ ਕਰੋਧੁ ਸਰੀਰਿ ਚੰਡਾਰਾ ॥
Anger is the outcaste which hides within his body;
ਅਗਿਆਨਿ ਨ ਸੂਝੈ ਮਹਾ ਗੁਬਾਰਾ ॥
he is in the utter darkness of ignorance, and he does not understand.

The seeds of anger live deep within our unconscious mind. They may have been planted there in our childhood or, who knows, even in past lives. Then, the tendency to react with anger was reinforced through repetition over many years. Now, when triggered, anger will often shoot to the surface long before our rational mind enters the scene.

It's easy to be patient and loving when everyone around you acts in a kind and considerate way. But, what happens when someone treats you unfairly or dumps their anger on you? It's not easy to hold your temper, is it? Before you even know it, anger uncontrollably bursts forth.

ਅਤਿ ਕਰੋਧ ਸਿਉ ਲੂਝਦੇ
ਅਗੈ ਪਿਛੈ ਦੁਖੁ ਪਾਵਹਿ ॥
They struggle with great anger; here and hereafter, they suffer in pain.

ਹਰਿ ਜੀਉ ਅਹੰਕਾਰੁ ਨ ਭਾਵਈ
ਵੇਦ ਕੂਕਿ ਸੁਣਾਵਹਿ ॥
The Dear Lord is not pleased by egotism; the Vedas proclaim this clearly.
ਅਹੰਕਾਰਿ ਮੁਏ ਸੇ ਵਿਗਤੀ ਗਏ
ਮਰਿ ਜਨਮਹਿ ਫਿਰਿ ਆਵਹਿ ॥
Those who die of egotism, shall not find salvation. They die, and are reborn in reincarnation.

As I age, I stay calm, communicates clearly & keeping a compassionate perspective. However, there were moments when anger burned so hot, I thought I would explode. And, steam spills over onto the most slightest things and my anger dumps on whom ever triggers it. I am sad and sorry about it. I realized I have more training to do when it comes to skilfully working with anger.

ਸਿਖ ਹੋਇ ਜੋ ਕਰਤ ਕਰੋਧ ॥
And being a Sikh, if he renders wrath,
ਕੰਨਿਆ ਮੂਲ ਨ ਦੇਵੇ ਸੋਧ ॥
(He) loses the respect which a daughter could endow.

So I'm redoubling my commitment to catch anger before it catches me, potentially harming myself or another.

ਮੁਇਆ ਗੰਢੁ ਨੇਕੀ ਸਤੁ ਹੋਇ ॥

Through goodness and truth, the dead establish a bond with the living.

Virtuous' is the most appropriate word that fits the blank because such people with good, moral principles are remembered even after death.

It is universally agreed by all scholars that a deceased person continues to benefit by any good action, which he started, initiated or caused during his lifetime. When a human being dies all his action comes to an end except in one of the many ways: to his own action and good deeds, a believer is followed after his death by certain things including knowledge that he might have taught or made available, a good child he left behind, running water he caused to be available, a charity he gave away when he was still in good health. All these follow a person after his death

ਨੇਕੀ ਬਦੀ ਨ ਲੁਕੈ ਲੁਕਾਈ ॥

Even then, the virtue and evil cannot remain hidden.

ਵੈਰ ਨ ਟਿਕਦਾ ਭਲੇ ਚਿਤਿ
ਹੇਤੁ ਨ ਟਿਕੈ ਬੁਰੈ ਮਨਿ ਆਏ॥

A noble heart carries no enmity, and Love does not abide in an evil heart.

Charity is another act that may be offered on behalf of a dead person and the reward for it goes to him or her.

What should be clear in our minds is that the types of worship that allow fulfilment by proxy, such as the payment of charity, the pilgrimage, etc. can be done on behalf of a dead person, and its reward can be credited to him, if God so pleases. These are treated in the same light as the repayment of outstanding debt. If a person dies with some of his debts remaining unpaid, and his children or a friend repays the creditors, this is perfectly acceptable.

ਬਾਦੁ ਬਿਬਾਦੁ ਕਾਹੂ ਸਿਉ ਨ ਕੀਜੈ ॥

Do not engage in any arguments or debates with anyone.

When a couple ages it's vital for them to bury their differences and make peace with each other.

When one's children have left the nest and are busy with their lives, parents hanker after them. They either interfere out of good intention creating a rift in the life of the young couple, or instil guilt in the minds of their children regarding their selfish involvement with their new family. Some parents find it wrong that their son wishes to pay attention to his young wife and still others criticise either their new daughter in law or her family. It's tough for young people to settle down and if their parents are creating guilt and debt - consciousness, the karmic load increases on both.

ਲਬੁ ਲੋਭੁ ਅਹੰਕਾਰੁ ਸੁ ਪੀਰਾ ॥

greed and egotism lead only to pain.

ਨੂੰਹ ਨਿਤ ਮੰਤ ਕੁਮੰਤ ਦੇਇ ਮਾਂ
ਪਿਉ ਛਡਿ ਵਡੇ ਹਤਿਆਰੇ॥

The bride then started continuously advising the husband to desert his parents instigating that they had been tyrants.

ਵਖ ਹੋਵੈ ਪੁਤੁ ਰੰਨਿ ਲੈ
ਮਾਂ ਪਿਉ ਦੇ ਉਪਕਾਰੁ ਵਿਸਾਰੇ॥

Forgetting the benefactions of parents, the son along with his wife got separated from them.

What should parents do when they are moving towards their twilight years. Today sixty is the new thirty. There is experience, passion and good health in the sixties and so the couple can travel together, support each other in a hobby or continue with their work with greater vigour. It's the time when the couple can sit together, take care of each other and express love.

It's time to send all grievances to the graveyard and nurture a fountain of loving communication. This needs courage to leave behind blame and shame of the past which have been hurled back and forth. The ego served no purpose except destroyed both the partners.

ਸਚਾ ਧਰਮੁ ਪੁੰਨੁ ਭਲਾ ਕਰਾਏ ॥

One who practices truth, righteous living, charity and good deeds,

ਦੀਨ ਕੈ ਤੋਸੈ ਦੁਨੀ ਨ ਜਾਏ ॥

has the supplies for God's Path. Worldly success shall not fail him.

It is our kindness and consideration for others that can enrich the world as well as ourselves. Seeing the present state of deepening crises in the world it is evident that somewhere the connection between the inner self and humanity is lost. When the self is misaligned with god, humanity and the universe, it gives rise to unthinkable suffering and misery. The path to peace is the path that leads to other hearts.

ਮਿਠਾ ਬੋਲਨ ਨਿਵ ਚਲਣੁ
ਹਥਹੁ ਦੇ ਕੈ ਭਲਾ ਮਨਾਏ॥

He speaks mildly, behaves humbly and even by giving something to somebody wishes good of others.

However, society conditions us in such a way that whenever we do an act of kindness to anyone with whom we are familiar or unfamiliar, we are overcome with distrust and we tend to think in terms of results. What do we get by being kind to others or what is the point of spending time and money on someone in need who has not been good to us? A simple answer from the book of aphorism by the Sufi Ataullah Al Iskandari surprised me – 'Do good for the sake of your soul'.

ਘੜੀ ਚਸੇ ਕਾ ਲੇਖਾ ਲੀਜੈ
ਬੁਰਾ ਭਲਾ ਸਹੁ ਜੀਆ ॥

The account is kept for every second, every instant; the soul suffers for the bad and the good.

ਆਗਾਹਾ ਕੂ ੜਾਘਿ
ਪਿਛਾ ਫੇਰਿ ਨ ਮੁਹਡੜਾ ॥

Look ahead; don't turn your face backwards.

LEAVE THE PAST

Why is it that some people go through life feeling frustrated & stuck, while others are able to make massive positive changes no matter what the universe throws at them?

Why do so many people become angry, bitter, & spiteful after adversity, but others grow more resilient, compassionate, and determined?

Part of the answer lies in the ability to leave the past behind. While many people fixate on the past, others successfully move on from difficult experiences. These people understand that they can't change the past, but they can work toward a better future. They commit to focussing on what they can change, rather than what's already occurred.

Are you holding onto something from your past, and it's preventing you from living a better future? Consider this quote from Steve Maraboli: “The truth is, unless you let go, unless you forgive yourself, unless you forgive the situation, unless you realize that the situation is over, you cannot move forward.” No matter what mistakes you've made in the past, you won't be able to move ahead unless you forgive yourself and let go.

Focus on your future and how you'll use your passions and talents to serve the world, rather than wasting time and energy dwelling on the mistakes you've made and who has hurt you. Regardless of what you've been through in life, you can always work on making your future better. When you continuously focus on painful experiences you've had, the mistakes you've made and how others have wronged you, you're holding yourself hostage and preventing yourself from experiencing the joy and success you deserve.

ਫਰੀਦਾ ਮੈ ਜਾਨਿਆ ਦੁਖੁ ਮੁਝ ਕੂ
ਦੁਖੁ ਸਬਾਇਐ ਜਗਿ ॥

Fareed, I thought that I was in trouble; the whole world is in trouble!

ਊਚੇ ਚੜਿ ਕੈ ਦੇਖਿਆ
ਤਾਂ ਘਰਿ ਘਰਿ ਏਹਾ ਅਗਿ ॥

When I climbed the hill and looked around, I saw this fire in each and every home.

Every person has had some sort of painful life experience. How you choose to react to those experiences is what determines whether you can leave the past behind and look ahead to the future. Work hard to forgive yourself and others so you can be free!

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ਸਾਚੁ ਕਹੌਂ ਸੁਨ ਲੇਹੁ ਸਭੈ ਜਿਨ ਪ੍ਰੇਮ
ਕੀਓ ਤਿਨ ਹੀ ਪ੍ਰਭ ਪਾਇਓ ॥

I Speak Truth, All Should Turn Their Ears Towards It, He Who Is Obserbed In True Love, He Would Realize The Lord

Most of us wait for happiness to chance upon us, be it through a raise at work, finding love or a favourable event. Truth is, happiness is a choice and choosing to maintain a happy vibe constantly takes some dedicated effort and mental training on our behalf. However, what if it were easier to boost your levels of happiness by the way of simply spreading love and happiness around us?

Everyone must have a different connotation about happiness. For some it is materialistic happiness that matters. However, the real happiness one should be looking for is the immaterial one - as this can be derived only when one is willing to give 100% into everything we do. This is achieved when one lives life for others and spreading one's fragrance of love; by motivating people who have lost hope and inspiring everyone through example.

ਜੈਸਾ ਬੀਜੈ ਸੋ ਲੁਣੇ
ਜੋ ਖਟੇ ਸੁ ਖਾਇ ॥

As one plants, so does he harvest; whatever he earns, he eats.

ਸੁਖੁ ਦੁਖੁ ਦੁਇ ਦਰਿ ਕਪੜੇ
ਪਹਿਰਹਿ ਜਾਇ ਮਨੁਖ ॥

Pleasure and pain are the two garments given, to be worn in the Court of the Lord.

Researchers agree that happiness moves in clusters through groups of people and communities. Indeed, in our technology-driven and screen-obsessed era, sometimes we forget that it's not all about us and that we may need to put back the love and happiness we expect to receive from the world. Therefore, it's ideal to ingrain the message that happiness begets happiness, as having a more content social circle ensures that our own psychological needs are met with greater ease.

Thus, one can taste the sweetness of true happiness in life

THE BEST PORTION OF YOUR LIFE WILL BE THE SMALL, NAMELESS MOMENTS YOU SPEND SMILING WITH SOMEONE. LOVE IS WHEN THE OTHER PERSON'S HAPPINESS IS MORE IMPORTANT THAN YOUR OWN.

YOU'LL BE HAPPY IF YOU TAKE SADNESS AS YOUR CONSTANT PARTNER

When I read someone citing a quotation recently that “we can't escape happiness in life”, I went into “search mode” for all the reasons for a reasonable answer. After all, most of us are more used to saying that sadness is our “only constant friend”.

Life is a long journey with so many ups and downs, but how many of us realise that it is the “downs” that give us a chance to catapult ourselves to the heights of happiness. We can, therefore, say that sadness is an unavoidable partner in our journey to this planet.

Happiness comes when sadness ends on account of the universal law that nothing lasts forever. Just as you are blessed with the brightness of daytime soon after the darkness of night ends, happiness is born out of sadness coming to an end as things change for the better. And life's journey is thus sustained and your hopes kept alive.

ਸੁਖ ਥੋੜੇ ਦੁਖ ਅਗਲੇ
ਦੂਖੇ ਦੂਖਿ ਵਿਹਾਇ ॥

Now my joys are few, and my pains are many. In utter agony, I pass my life.

Of course, you have to be "on the go" all the time. It's only action that gets reaction, and good actions always get good reactions, thereby making things around us better and the happiness index going higher.

Also, as American comedian Lucille Ball said, "At times, you have to be in a position to recognise what makes you happy." Otherwise, you get trapped into a state of utter confusion that turns your world darker by the day. Even if you feel you can't set out to do any challenging task, you becoming a good and affectionate person can work wonders. As former queen of Scotland Mary Stuart said, "To be kind to all, to like many and love a few, to be needed and wanted by those we love, is certainly the nearest we can come to happiness."

ਸੁਖੁ ਦੁਖੁ ਦੋਨੋ ਸਮ ਕਰਿ ਜਾਨੈ
ਅਉਰੁ ਮਾਨੁ ਅਪਮਾਨਾ ॥

One who knows that pain and pleasure are both the same, and honor and dishonor as well,

There is happiness when each moment is used in a worthwhile way. Happiness is such a nourishment that it is greatly empowering. It makes difficult things easy and heavy things light. To remain happy and share happiness with others is a great act of Charity. Once you are happy, then no matter what happens, never let your happiness go.

The wonderful thing about expressing gratitude through joy is the happiness of others which opens a whole new source of delight. It's like stumbling upon a gold mine in our own backyard.

ਜੋ ਪ੍ਰਭੁ ਕਰੈ ਸੋਈ ਭਲ ਮਾਨਹੁ
ਸੁਖਿ ਦੁਖਿ ਓਹੀ ਧਿਆਈਐ ਰੇ ॥

Whatever God does, accept that with pleasure; in comfort and in suffering, meditate on Him.

Count the good things in your life and give yourself reasons to be happy.

ਇਹੁ ਮਨੂਆ
ਕਿਉ ਕਰਿ ਵਸਿ ਆਵੈ ॥

How can this mind come under control?

MIND GYM

People all over the world tone-up their physical bodies to keep them fit and sturdy.

Medical science says our muscles become less efficient if not flexed regularly. Hence, people go to gymnasium, yoga classes, etc. to remain strong and supple.

Our mind is no different. It too requires a daily workout session. If we let our mind run loose and wild, it actually becomes undisciplined and powerless. If we get distracted too often by everything around us through sight, sound or touch, our mind becomes fatigued and inefficient, thereby failing to execute what essential or normal.

ਇਹੁ ਮਨੁ ਧਾਵਤੁ ਤਾ ਰਹੈ
ਜਾ ਆਪੇ ਨਦਰਿ ਕਰੇਇ ॥

This wandering mind comes to rest, when the Lord casts His Glance of Grace.

That's when we start complaining that our mind is 'driving us mad', without realizing that a depressed and disarrayed mind is indeed a paralysed mind. Those who succeed in life are the ones with stable or conditioned minds. They consciously use their minds to create thoughts of abundance and gratitude.

ਇਹੁ ਮਨੂਆ ਦ੍ਰਿੜੁ ਕਰਿ ਰਖੀਐ
ਗੁਰਮੁਖਿ ਲਾਈਐ ਚਿਤੁ ॥

Hold this mind steady and stable; become Gurmukh and focus your consciousness.

They can exercise their will power to obtain productive results. Hence, we must condition our mind to be positive by a regular morning session of meditation, which will make it bold, courageous & determined. These qualities have to be cultivated by us from within.

ਭਾਈ ਰੇ ਇਸੁ ਮਨ ਕਉ ਸਮਝਾਇ ॥

O Siblings of Destiny, instruct your minds in this way.

Once we start the mine gym, our mind will get

empowered and we will observe its benefits like an improved memory, enhanced intellect, peace of mind, attitude of acceptance, positive approach towards life, intuitive power and much more. So, start the mind gym to lead a healthy, happy and purposeful life. Flex Your Mental Muscles.

ਮਨੂਆ ਨਾਚੈ ਭਗਤਿ ਦ੍ਰਿੜਾਏ ॥

Channel your dancing mind in devotional worship,

So, our purpose must not be nor to suppress thoughts but to gently let go of wasteful thoughts, naturally giving ourselves space to breathe. In our fast-paced world, this might seem hard, but simplicity in thoughts produces clarity and focus in our lives. This will enhance intuitive power emerging from our consciousness.

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ਮੁਇਆ ਗੰਢੁ ਨੇਕੀ ਸਤੁ ਹੋਇ ॥

Through goodness and truth, the dead establish a bond with the living.

Virtuous' is the most appropriate word that fits the blank because such people with good, moral principles are remembered even after death.

It is universally agreed by all scholars that a deceased person continues to benefit by any good action, which he started, initiated or caused during his lifetime. When a human being dies all his action comes to an end except in one of the many ways: to his own action and good deeds, a believer is followed after his death by certain things including knowledge that he might have taught or made available, a good child he left behind, running water he caused to be available, a charity he gave away when he was still in good health. All these follow a person after his death.

ਵੈਰ ਨ ਟਿਕਦਾ ਭਲੇ ਚਿਤਿ ਹੇਤੁ ਨ ਟਿਕੈ ਬੁਰੈ ਮਨਿ ਆਏ ॥

A noble heart carries no enmity, and Love does not abide in an evil heart.

Charity is another act that may be offered on behalf of a dead person and the reward for it goes to him or her. What should be clear in our minds is that the types of worship that allow fulfillment by proxy, such as the payment of charity, the pilgrimage, etc. can be done on behalf of a dead person, and its reward can be credited to him, if God so pleases. These are treated in the same light as the repayment of outstanding debt. If a person dies with some of his debts remaining unpaid, and his children or a friend repays the creditors, this is perfectly acceptable.

ਕੇਤੜਿਆਂ ਈਮਾਨ ਵਿਚ ਕਿਤੜੇ ਬੇਈਮਾਨ ਬਲਾਈ॥

Many are spending honest life and many live by dishonesty.

ਨੇਕੀ ਬਦੀ ਨ ਲੁਕੈ ਲੁਕਾਈ ॥

Even then, the virtue and evil cannot remain hidden.

ਮਾਤ ਪਿਤਾ ਭਾਈ ਸੁਤ ਬੰਧਪ ਅਰੁ ਫੁਨਿ ਗ੍ਰਿਹ ਕੀ ਨਾਰਿ ॥

mother, father, siblings, children, relatives and the wife of your home.

Life is much easier when you have a supportive family that sticks with you through thick & thin. Family relationship is important for a person at every stage of life. When life gets hard and starts to grip away from your control, the kind words of your mother, spouse, or siblings calm your soul and give you the strength and courage to take on life head-on. Family ties depend on happy sibling interactions which indirectly affects socio-economic developments as social ills are resolved. In ameliorating these private and sensitive issues among family members, the holistic society will benefit psychologically and happiness as well as a better quality of life will be attained.

ਮਾਤ ਪਿਤਾ ਭਾਈ ਸੁਤ ਬਨਿਤਾ ਤਿਨ ਭੀਤਰਿ ਪ੍ਰਭੂ ਸੰਜੋਇਆ ॥

God placed you with your mother, father, brothers, sons and wife

The members of the family share common beliefs and, therefore, feel connected to each other. This sense of similarity yields psychological affirmation and one has the satisfaction of being together with like-minded people. Spending time with each other & make sure to have at least one meal together every day. Show care and affection to every member, having kind words to say each other.

Accept them unconditionally but guide them on to the right path if they are deviating. With care and affection, they make you feel belonged. Lead by example, the elders follow what they teach the younger members of the family. The value system is set up by example. A well-knit family does not discriminate between family members and responds to everybody's needs.

ਕਾਹੇ ਪੂਤ ਝਗਰਤ ਹਉ ਸੰਗਿ ਬਾਪ ॥
O son, why do you argue with your father?
ਜਿਨ ਕੇ ਜਣੇ ਬਡੀਰੇ ਤੁਮ ਹਉ
ਤਿਨ ਸਿਉ ਝਗਰਤ ਪਾਪ ॥
It is a sin to argue with the one who fathered you and raised you.

Hostility and conflict between siblings has been linked with internalizing problems such as anxiety and depression as well as with externalizing problems such as risky and antisocial behaviour. Loneliness and social isolation are common among older adults and are linked to both physical health problems and psychological difficulties

ਸੁਖੀ ਬਸੈ ਮੋਰੋ ਪਰਿਵਾਰਾ ॥
ਸੇਵਕ ਸਿੱਖ ਸਭੈ ਕਰਤਾਰਾ ॥
O creator! may my whole family, all my followers (the Sikhs) and servants live in peace.

It's time to send all grievances to the graveyard and nurture a fountain of loving communication. This needs courage to leave behind blame and shame of the past which have been hurled back and forth. The ego served no purpose except destruction of relationship. Only the feeling of mutual love can motivate people into compromising on their comforts for the happiness of their family.

ਅਰਦਾਸਿ ਸੁਣੀ ਦਾਤਾਰਿ
ਹੋਈ ਸਿਸਟਿ ਠਰੁ ॥
The Great Giver listened to my prayer, and the world has been cooled and comforted.

ਦੋਹੀ ਦਿਚੈ ਦੁਰਜਨਾ
ਮਿਤ੍ਰਾਂ ਕੂੰ ਜੈਕਾਰੁ ॥

Proclaim that you will not associate with evil people; celebrate victory with your friends

We often take it for granted how much personal relationships affect us and how they can change our lives for better or worse. Relationships are one of the most beautiful gifts in life because they give people a chance to love and be loved.

In a society where people are more connected than ever before, it can be harder to keep our relationships healthy. However, with the advent of social media and technology, people have easier access to communication with others. People who have healthy relationships are more likely to feel happier and satisfied with their lives. They are less likely to have physical and mental health problems. Healthy relationships can increase your sense of worth and belonging and help you feel less alone & brings you more happiness than stress.

ਸਭਿ ਦੂਖ ਸਖਾਈ ਗੁਣਹ ਬੀਨ ॥

That person who lacks virtue - all of his pains and sorrows are his only companions.

People who have a strong sense of belonging also live longer. They feel as if they are part of a supportive network which makes them more resilient to stress and other negative events that occur in life. Healthy association maintain your happiness and self-esteem. Relationships provide us with friends and family to share our lives with and people who can help us out in tough times. They tend to bring us plenty of laughs and as a result lots of joy. Having someone to help us through these struggles can make all the difference.

ਜੈਸੇ ਰਣ ਮਹਿ ਸਖਾ ਭ੍ਰਾਤ ॥

As one's brother becomes a helper on the field of battle;

Relationships are a cornerstone of happiness and living a full life. This is because they come with a wide array of rewards. Relationships should be seen as a valuable investment. While

we all need time to ourselves, we also require relationships and other forms of support to live a healthy and happy life.

ਸਭ ਮੀਤ ਬੰਧਪ ਹਰਖੁ ਉਪਜਿਆ
ਦੂਤ ਥਾਉ ਗਵਾਇਆ ॥

All my friends and relatives are happy, and all traces of my enemies have been removed.

Having alone time is a necessity, but loneliness can be a painful experience. Relationships help with any loneliness or feelings of isolation that may come up in the process of being alone for extended periods of time. Different aspects of life can be enriched through relationships. The more we understand how relationships work, the more we can grow from them. The way we see, relate to and interact with others has a huge impact on our lives! so it is important that you stay in touch with your acquaintances.

ਜਾਨੀ ਸੰਤ ਕੀ ਮਿਤ੍ਰਾਈ ॥

Now, I know the value of friendship with the Saints.

ਪਾਰਬ੍ਰਹਮਿ ਪ੍ਰਭਿ ਮੇਘੁ ਪਠਾਇਆ ॥

The Supreme Lord God has unleashed the rain clouds.

ਜਲਿ ਥਲਿ ਮਹੀਅਲਿ
ਦਹ ਦਿਸਿ ਵਰਸਾਇਆ ॥

Over the sea & over the land- over all the earth's surface, in all directions, He has brought the rain.

ਸਾਂਤਿ ਭਈ ਬੁਝੀ ਸਭ ਤ੍ਰਿਸਨਾ
ਅਨਦੁ ਭਇਆ ਸਭ ਠਾਈ ਜੀਉ ॥

Peace has come, and the thirst of all has been quenched; there is joy and ecstasy everywhere.

Rain and snow are key elements in the Earth's water cycle, which is vital to all life on Earth. Rainy season is the favourite season of almost everyone as it gives a new life to the earth.

It is a wonderful gift of Nature to all mankind. Rainy days teach us that simple can be beautiful. But they are invaluable because of the feelings they evoke — the togetherness, the reflection, the peace and comfort of being safe inside while the weather rages. There is something nostalgic, relaxing, and beautiful about the sound of

raindrops on the roof top. There is something magical from this natural occurrence called rain. It makes you pause and reflect while watching the showers from your window. It makes you realize that there are terrific life lessons you can learn from the rain. There's a time for sunshine, there's a time for rain. Everything on earth is all about timing. Sometimes you feel like time is passing you by. You keep looking over your shoulder to check what others are up to. It seems everybody's moving forward, but you're here stuck in your mundane life. But are you really? You can't compare your middle with another person's ending. We go through life's seasons in our own pace, according to God's plans. Nature does not hurry, yet everything is accomplished. It's all about timing. Trust your timing. In life, everything is constantly changing. We may enjoy our time under the sun because it's perfect for a trip to the beach. But we cannot have sunny days all year long, or else there will be drought and our crops will die.

ਮੇਘ ਬਿਨਾ ਜਿਉ ਖੇਤੀ ਜਾਇ ॥

like the crop which withers without rain.

CHANGE is necessary for growth and progress to happen. Change could sometimes be uncomfortable, painful, and unexpected.

ਜੈਸੇ ਕਿਰਖਹਿ ਬਰਸ ਮੇਘ ॥

as the cloudburst saves the crops;

It is painful, uncomfortable, and no one in their right minds planned for something tragic to happen. But it happens. We must learn to adapt to change and plan around it. Let change fuel your growth and progress. Don't let it be an excuse for not trying again. Enjoy the sun while it's out. Bask in the sunshine. Go out and have fun. When rain comes, take delight in the cold and sleep-inducing weather. In life, you have to be prepared for the inevitable. Isn't the old phrase “saving for the rainy days” so popular? It is a wise and practical advice. You have to learn simple skills that you can use & will save your life.

ਬਰਸੁ ਮੇਘ ਜੀ
ਤਿਲੁ ਬਿਲਮੁ ਨ ਲਾਉ ॥

Rain down, O cloud; do not delay.

ਬਰਸੁ ਪਿਆਰੇ ਮਨਹਿ ਸਧਾਰੇ ਹੋਇ
ਅਨਦੁ ਸਦਾ ਮਨਿ ਚਾਉ ॥

O beloved cloud, O support of the mind, you bring lasting bliss and joy to the mind.

REJOICE THE NATURE

Don't get so busy making a living that you forget to make a life! You need a pause. You need to take it easy. You need to drop what you're doing once in a while and just sit back, be comfortable and watch the world for a while. Isn't that what rain does to us?

It makes us take it slow, sit for a moment or two, let the time pass, and just be. Pause for a while and take every beautiful thing in. Sit in silence with a grateful heart. Do you hear that sound of raindrops on the rooftop?

Great! Not everyone is blessed to have a roof over their head. Do you like that soft comforter wrapped around your body keeping you warm? Amazing! Not everyone is safe and warm in their homes.

ਮੇਘੁ ਵਰਸੈ ਸਭਨੀ ਥਾਈ ॥

the rain is falling everywhere.

ਦੀਨ ਦਇਆਲ ਸਦਾ ਕਿਰਪਾਲਾ
ਠਾਢਿ ਪਾਈ ਕਰਤਾਰੇ ਜੀਉ ॥

He is Merciful to the meek, always Kind and Gentle; the Creator has brought cooling relief.

Enjoying the hot mug of chocolate?. Indulge. Some people don't even know where to get their next meal. Rain gives us the gift of pause from our daily activity.

Let the rain remind you of the essentials in life.

Take in and hold in your heart the terrific life lessons you can learn from the rain.

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ਫਰੀਦਾ ਮੈ ਜਾਨਿਆ ਦੁਖੁ ਮੁਝ ਕੂ ਦੁਖੁ ਸਬਾਇਐ ਜਗਿ ॥

Fareed, I thought that I was in trouble; the whole world is in trouble!

ਊਚੇ ਚੜਿ ਕੈ ਦੇਖਿਆ ਤਾਂ ਘਰਿ ਘਰਿ ਏਹਾ ਅਗਿ ॥

When I climbed the hill and looked around, I saw this fire in each and every home.

WHY ONLY ME ?

Arthur Robert Ashe Jr. (July 10, 1943 – February 6, 1993) , The Legendary Wimbledon Player was dying of AIDS which he got due to Infected Blood he received during a Heart Surgery in 1983. He received letters from his fans, one of which conveyed: "Why did God have to select you for such a bad disease??"

To this Arthur Ashe replied: 50 Million children started playing Tennis, 5 Million learnt to play Tennis, 500000 learnt Professional Tennis, 50 Thousand came to Circuit, 5 Thousand reached Grand slam, 50 reached Wimbledon, 4 reached the Semifinals, 2 reached the Finals and when I was holding the cup in my hand, I never asked God "Why Me?" So now that I'm in pain how can I ask God "Why Me?"

Happiness keeps you Sweet!! Trials keeps you Strong!! Sorrows keeps you Human!! Failure keeps you Humble!! Success keeps you Glowing!! But only, Faith keeps you Going.

ਦੀਨ ਦਇਆਲ ਭਰੋਸੇ ਤੇਰੇ ॥

O Lord, Merciful to the meek, I have placed my faith in You;

Sometimes you are unsatisfied with your life, while many people in this world are dreaming of living your life. A child on a farm sees a plane fly overhead & dreams of flying. But, A pilot on the plane sees the farmhouse & dreams of returning home.

ਦੂਖੁ ਅੰਧੇਰਾ ਘਰ ਤੇ ਮਿਟਿਓ ॥

Pain and darkness shall depart from your home,

ਗੁਰਿ ਗਿਆਨੁ ਦ੍ਰਿੜਾਇਓ ਦੀਪ ਬਲਿਓ ॥

when the Guru implants spiritual wisdom within you, and lights that lamp.

If wealth is the secret to happiness, then the rich should be dancing on the streets. But only poor kids do that. If power ensures security, then VIPs should walk unguarded. But those who live simply, sleep soundly.

SERIAL No. 1082

GOVERNMENT OF MAHARASHTRA

CIVIL DEFENCE CORPS
Greater Bombay

This is to certify that

Shri Bhupendrasingh Kohli (W/O/37804)

HAS COMPLETED THE Basic

COURSE HELD FROM 10-6-85 TO 21-6-85

CONDUCTED AT B.P.T. Colony, Shivri, Bombay-15.

AS PRESCRIBED BY THE DIRECTORATE OF CIVIL DEFENCE AND OBTAINED First Class GRADING.

(P.Y.Pandit)
DEPUTY CONTROLLER OF
CIVIL DEFENCE
GREATER BOMBAY

(Y.V.Patil)
ADDL. CONTROLLER OF CIVIL DEFENCE
GREATER BOMBAY

COURSE No. B-8/A-II/85.

DATE

SERIAL No.

GOVERNMENT OF MAHARASHTRA

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HAS COMPLETED THE C.D. WARDENS'

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CONDUCTED AT CITY OF LOS ANGLES' SCHOOL.

AS PRESCRIBED BY THE DIRECTORATE OF CIVIL DEFENCE AND OBTAINED SECOND CLASS GRADING.

(P.Y. PANDIT)
DEPUTY CONTROLLER OF
CIVIL DEFENCE
GREATER BOMBAY

(Y.V. PATIL)
ADDL. CONTROLLER OF CIVIL DEFENCE
GREATER BOMBAY

COURSE No. W/I/II/85. DATE

अनुक्रमांक [illegible]

महाराष्ट्र शासन

नागरी संरक्षण दल

नास
महाराष्ट्र

प्रमाणित करण्यात येते की,

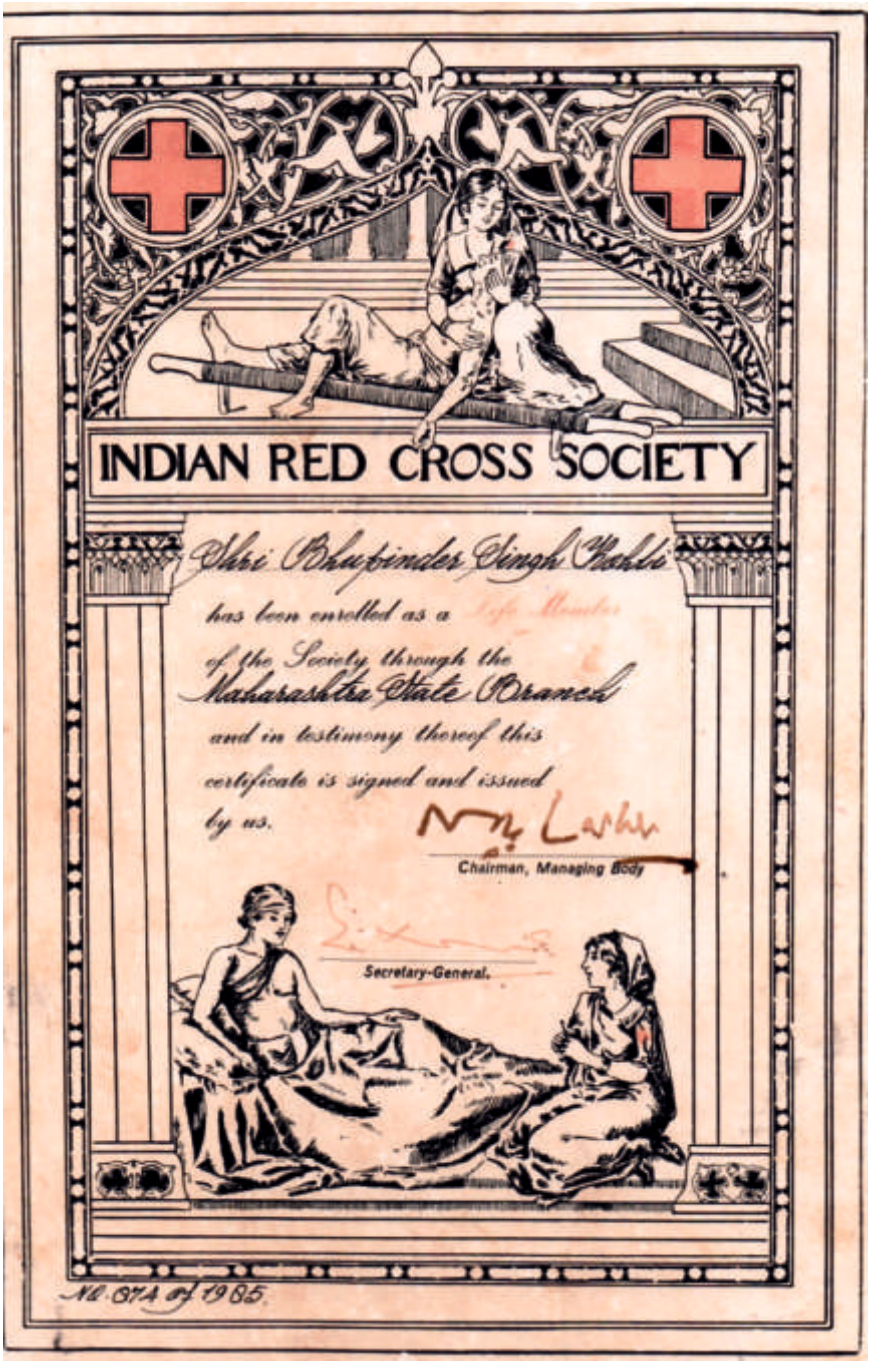
सिटी ऑफ लॉस एन्जलस स्कूल, माहीम येथील श्री./श्रीमती/कु. भुपींदर सिंग कोहली [होते/क्यू/३७८०४] यांनी, १४-१०-८५ ते २९-१०-८५ या कालावधीत नागरी संरक्षण दल क्षेत्र-२ येथे ना.सं. लग्नसेवा पाठ्यक्रम क्र. लग्ना/९/२/८५ पूर्ण केला असून प्रथम श्रेणी मिळविली आहे.

दिनांक: २९-१०-८५

वर्ग क्र. लग्ना/९/२/८५

[प्र.य. पंडित]
उप नियंत्रक
नागरी संरक्षण

[य.वि. पाटील]
जिल्हा दंडाधिकारी व नियंत्रक
अपर नियंत्रक, नागरी संरक्षण



INDIAN RED CROSS SOCIETY

Shri Bhupinder Singh Wahlo

has been enrolled as a Life Member

of the Society through the

Maharashtra State Branch

and in testimony thereof this

certificate is signed and issued

by us.

Chairman, Managing Body

Secretary-General.

No. 874 of 1985.

SERIAL NO. 410

Government of Maharashtra
Directorate of Civil Defence
Civil Defence Staff College, Bombay

This is to certify that

Shri/~~Smt./Kum.~~ B.S.KOHLI

of STATE BANK OF INDIA attended

the C.D.NUCLEAR BIOLOGICAL CHEMICAL ORIENTATION Course No. 38

at The Civil Defence Staff College, Bombay,

from 25RD JUNE, 1987 to 26TH JUNE, 1987 and

obtained the grading 'AVERAGE' Dated: 26TH JUNE, 1987

(D.D.JADHAV)
COMMANDANT AND SENIOR
STAFF OFFICER (TRAINING)

(R.KRISHNARAJU)
DIRECTOR OF CIVIL DEFENCE

TO WHOMSOEVER IT MAY CONCERN

This is to certify that Shri BHUPENDER SINGH KOHLI has been working as a Traffic Warden with Traffic Police since April 1991. He is a very sincere, dedicated and enthusiastic worker. He is particularly good at public relations.

(Dr.P.S.Pasricha)
Addl.Commissioner of Police,
Traffic, Bombay.

Bombay:
Dated: March 17, 1992

INSPECTOR OF POLICE * TRAFFIC CONTROL BRANCH * BOMBAY

महाराष्ट्र पोलीस

Commendatory Note

THE Addl. COMMISSIONER OF POLICE GREATER BOMBAY, GRANTS THIS COMMENDATORY NOTE TO

Shri. Bhupendra S. Kohli, Traffic Warden. 69

IN APPRECIATION OF THE GOOD WORK DONE IN

For doing excellent job in assisting traffic police to Traffic Control During Ganpati festival and Mount Mary Fair - 1995.

Office of the Commissioner of Police Bombay 19

(Hasan Gafoor)
Addl. Commissioner of Police
Traffic, Greater Bombay

CONSULATE GENERAL OF THE DEMOCRATIC SOCIALIST REPUBLIC OF SRI LANKA

My No: MUM/ADM/1/42

14.01.2005

Mr. Bhupinder Singh Kohli
Secretary
Guru Gobindh Singh Study Circle
Mumbai

Dear Mr. Bhupinder Singh Kohli,

We acknowledge with thanks the receipt of your contribution of relief materials consists of clothes, foods and other needful items for the people affected by Tsunami in Sri Lanka.

Please accept our sincere gratitude for your kindness towards the people of Sri Lanka who had been affected by the natural disaster.

Yours sincerely,

Consul General

A.K. MATHUR, IPS

अ.शा. पत्र संख्या
D.O. No.M.V.1/05-AKM
पुलिस महानिरीक्षक
INSPECTOR GENERAL OF POLICE
पश्चिमी सेक्टर, केन्द्रीय रिजर्व पुलिस बल
Western Sector, Central Reserve Police Force,
के० के० परिसर, सी० बी० डी०, बेलापुर
CGOs Complex, CBD Belapur
नवी मुंबई - 400 614
Navi Mumbai - 400 614
दिनांक 5 अगस्त, 2005.
Dated, the 5th August, 2005.

To

Shri B.S. Kohli,
Nerul,

Dear Sir,

We are grateful to you for providing Ambulance service for the casualties in Navi Mumbai and Panvel Districts for shifting the flood affected victims to hospitals for medical aid.

Yours sincerely,

(A.K. MATHUR, IPS)

SAT SAROOP SINGH

डी० शी० पत्र संख्या
D.O. No. G-II-1/06-PA
पुलिस उप महानिरीक्षक
Dy. Inspector General of Police
द्रुत कार्य बल, केन्द्रीय रिजर्व पुलिस बल
R.A.F., Central Reserve Police Force
मुम्बई, महाराष्ट्र
Mumbai, Maharastra

दिनांक / Dated 03/8/2006

Dear Shri Bhupinder Singh Kohli

I am overwhelmed with your incredible Social Activities bestowed towards humankind, proffering aid to Orphans, Old Age Home & Leprosy Home and also bequeathed your generous services during Gujrat Earthquake, Tsunami, atrocious Mumbai Flood and brutal Bomb Blast in Mumbai.

2. I extend my earnest best wishes and pray to almighty for your betterment to continue this benevolent work for the society and humankind. Given an opportunity, it would be a great pleasure for me to provide any aid for this noble cause.

With warm regards

Yours Sincerely

(SAT SAROOP SINGH)
D.I.G.P.,
RAF, Mumbai Range
03/08/06

Shri Bhupinder Singh Kohli,
B.A., F.A., R.E.H.
Social Worker
State Bank of India,
Central Office, CBD Belapur,
Navi Mumbai.

THE SENIOR CITIZEN'S CARE & WELFARE ASSOCIATION

Sai Ambe Niwas, Bungalow No.5, Ujala Co. Op. Hsg. Soc.,
Sector - 1, Airoli, Navi Mumbai - 400 708
Regd. No. MAHA/604/02

Certificate of Honour

The Association feels great pleasure in awarding the Certificate of Honour to

Mr. Bhupinder Singh Kohli

Son/Daughter of Mr. _____

of Airoli Node for outstanding Social Service in Navi Mumbai

Date of Issue: 10-10-2004

Chief Guest **President** **Secretary**

THANE MUNICIPAL CORPORATION
RAJIV GANDHI MEDICAL COLLEGE &
CHHATRAPATI SHIVAJI MAHARAJ HOSPITAL,
KALWA, THANE 400605

LETTER OF APPRECIATION

Mr. Bhupindersingh Kohli

was a resource person and delivered a lecture
at the symposium on
"Role of medical education in making doctors effective and efficient leaders of health team with reference to Disaster Management"
organized by
Rajiv Gandhi Medical College &
Medical Council of India,
to commemorate the Platinum Jubilee Year (2008) of the
Medical Council of India

(Dr P. P. Shilotri)
Dean

22nd. Jan. 2009

SOUL SPACE
READERS CLUB
Read. Interact. Grasp

S. Bhupinder Singh Kohli

Man of Extraordinary Services

Thank you for honouring us by your presence & inspiring thoughts on

Beyond Everyday Life...

talk held at Indore on Sunday, 11th March 2018

TAVLEEN FOUNDATION
VALUES | AWARENESS | CONTEMPLATIVE STUDIES
Let's Make a Happier & Peaceful World

tavleenfoundation@gmail.com • www.tavleenfoundation.com

नईदुनिया
लाइव

Today's Happenings

परिचर्चा 'बियांड एवरीडे लाइफ'
स्थान : हर्ष निलय सभागार, 56 दुकान के पीछे
समय : सुबह 10.15 बजे
आयोजक : सोल स्पेस रीडर्स क्लब
विशेषता : कार्यक्रम में मुंबई के मोटिवेशनल स्पीकर बी. भूपिंदर सिंह 'मीट द मास्टर्स' श्रृंखला के तहत विचार व्यक्त करेंगे। 'तवलीन फाउंडेशन' के डॉ. गुरमीत सिंह नारंग भी चर्चा करेंगे।

SAHIB SRI GURU GOBIND SINGH JI EDUCATIONAL TRUST

(for promotion of education among ethnic minority children)

902-904, Heng Ngai Jewelry Centre,
4 Hok Yuen Street East,Hung Hom,
Kowloon Hong.
Tel: 2245 7755, Fax 2721 4676

6th Aug. 2018.\

TO WHOM IT MAY CONCERN.

We are pleased to state that for the last 15 years, we have been organizing Khalsa Summer Camp in Hong Kong, during the summer holidays of the children. This year it was arranged at Chinese YMCA, Hong Kong on 4th Aug. 2018.

We were honored with the visit of respected Mr. Bhupinder Singh Kohli, who with the help of slide show explained to the more than 70 campers, Human Values in the modern day life.

We express our sincere appreciation for the depth of his understanding and the ability to present the same in such an interesting way.

We do hope our participants would remember his teachings for long time to come and put the same in daily routine.

We appreciate his time and efforts for this noble cause.

SAHIB SRI GURU GOBIND SINGH JI EDUC. TRUST.

Authorized Signatory

G. SINGHBATRA
MANAGER

ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥
ਨਾ ਕੋ ਬੈਰੀ ਨਹੀ ਬਿਗਾਨਾ, ਸਗਲ ਸੰਗਿ ਹਮ ਕੋ ਬਨਿ ਆਈ ॥
None is my enemy, None a Stranger. All Human Beings are my friends.

KHALSA DIWAN HONG KONG (SIKH TEMPLE)

371, Queen's Road East, Wanchai, Hong Kong,
Ph. 00852-25724459, Fax: 25749837, Email: info@khalsadiwan.com

CERTIFICATE OF RECOGNITION

Presented to

BHAI BHUPINDER SINGH KOHLI

In recognition of your deep commitment for the humanitarian work irrespective of any cast, colour & religion. Your services for the humanity are greatly helping the community. Your valuable services and religious discourses are source of inspiration for all and your tireless efforts in this direction are most appreciated. Best wishes on the path of service of mankind!

(DALJIT SINGH)
President

5th August, 2018

CERTIFICATE OF PARTICIPATION

For:

SARDAR BHUPINDER SINGH KOHLI

As a Speaker

in the International Sikh Conference
Theme : Revival of Sikhi
at Gurdwara Yayasan Sosial Guru Nanak, - Ciputat
Tangerang Selatan, Indonesia

1st - 2nd December 2017

Sardar Balwant Singh Rahal
Chairman of Gurdwara YSGN

Sardar Gurdeep Singh Kundan
GSC - Secretary

ਸ੍ਰੀ ਵਾਹਿਗੁਰੂ ਜੀ ਕੀ ਫ਼ਤਹਿ ॥

ਗੁਰਦਵਾਰਾ ਸਿੰਘ ਸਭਾ ਲੰਡਨ ਈਸਟ

(ਬਾਰਕਿੰਗ ਅਤੇ ਸੈਵਨ ਕਿੰਗਜ਼)

GURDWARA SINGH SABHA LONDON EAST

Head Office:
100 North Street, Barking, Essex IG11 8JD
Tel: 020 8594 3940, 020 8594 5834
Fax: 020 8591 5704

Branch Office:
722-730 High Road, Seven Kings, Ilford, Essex IG3 8SX
Tel: 020 8598 1817, 020 8597 3353
Fax: 020 8597 8822

Date: 29 October 2012

TO WHOM IT MAY CONCERN

Dear Sir/Madam

RE: Bhai Bhupinder Singh Kohli. Presentation at the Gurdwara during his visit to the UK in October 2012

This letter is to express our gratitude and sincere thanks to Bhai Bhupinder Singh Kohli for his lecture and presentation at both Gurdwaras of Singh Sabha London East at Seven Kings and Barking during October 2012. Seva is an important foundation of Sikh principles and we were delighted by the outstanding manner in which Bhai Bhupinder Singh outlined his personal experiences in this arena of life.

We hope that in the future he will be able to return to our Gurdwaras and address the wider sangat about his ideas and contributions in the field of charity and service to humanity.

I take this opportunity to wish Bhai sahib and his wife a successful trip in the UK and safe journey back to Mumbai, India.

Yours faithfully,

(Secretary)

SINGH SABHA LONDON EAST

100 NORTH ST	722-730 HIGH ROAD
BARKING	SEVEN KINGS
ESSEX	ILFORD, ESSEX
IG11 8JD	IG3 8SX
020 8594 3940	020 8598 1817

ਜੀ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ

ਗੁਰਦੁਆਰਾ ਦਸਮੇਸ਼ ਦਰਬਾਰ

Gurdwara Dasmesh Darbar (Sikh Temple)

ਦੇਗ ਤੇਗ ਫਤਹਿ

ਪੱਥ ਕੀ ਜੀਤ

97- 101 Rosebery Avenue, Manor Park, London E12 6PT
Tel: 0181 471 2204 Fax: 0181 470 7313

Mr Bhupinder Singh Kohli
Mumbai, India

Visit at Dasmesh Darbar Gurdwara on Saturday 27th October 2012

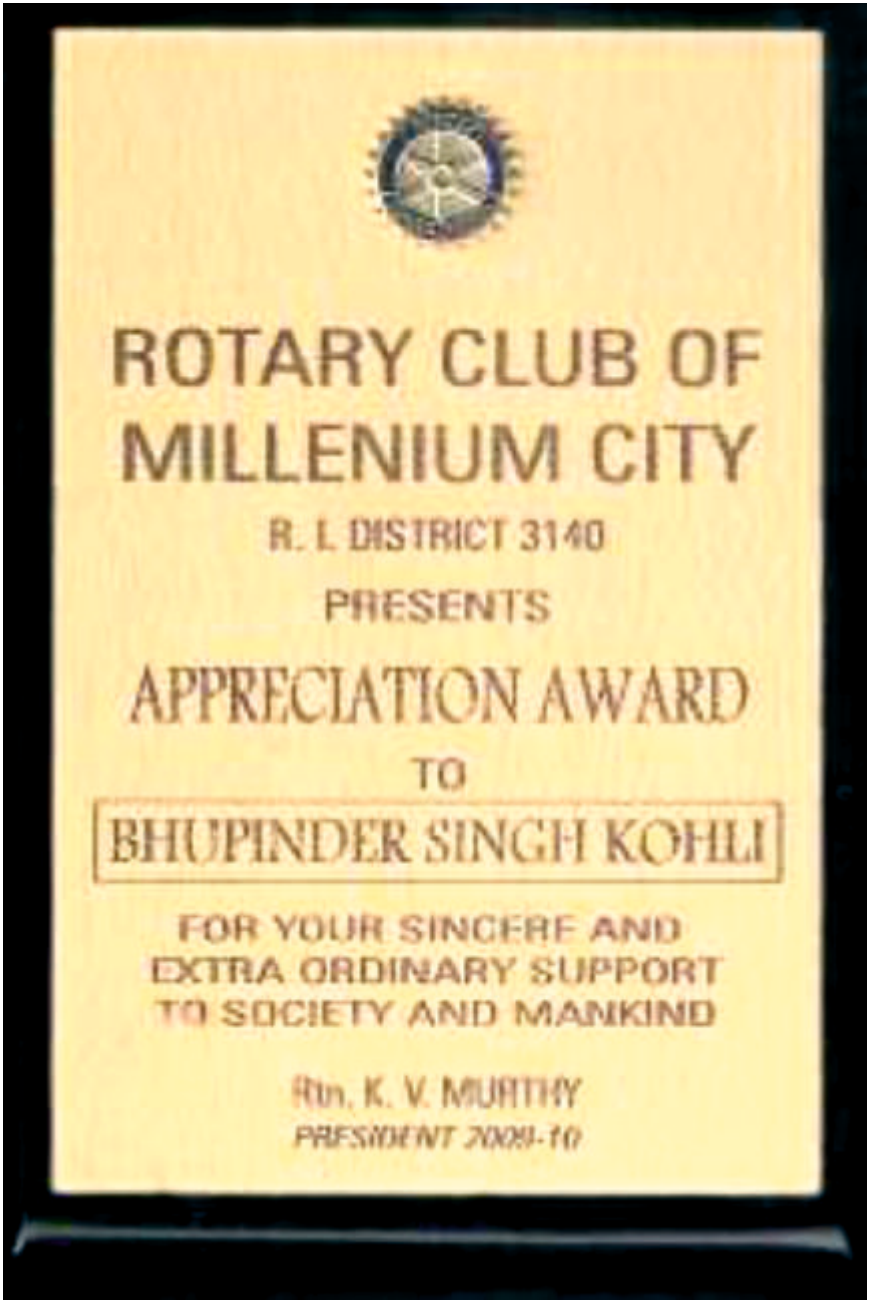
We are indebted to Mr Bhupinder Singh Ji for his outstanding service in social welfare field and has been nominated for THE SIKH AWARDS 2012 in London.

He has shared his views and experiences through videos and lectures to the congregation (Sangat) at this gurdwara. His vision of social services was an inspiration to all and we wish him further success in this field.

Shamsher Singh Pawl
General Secretary

Registered as a place of worship No W73031

OCTOBER SERVICE WEEK
AWARD 2006 - 07
Presented To
Shri BHUPENDRA SINGH KOHLI
For His Outstanding
Humanitarian Services
To 11th July 2006
Local Train Bomb Blast Victims.
On Finale Day 8th Oct. 2006
PRESENTED BY
Lion Sital Agarwal PMJF
Dist. Chairman, Activities
District 323 - A1


ROTARY CLUB OF
MILLENIUM CITY
R. I. DISTRICT 3140
PRESENTS
APPRECIATION AWARD
TO
BHUPINDER SINGH KOHLI
FOR YOUR SINCERE AND
EXTRA ORDINARY SUPPORT
TO SOCIETY AND MANKIND
Rtn. K. V. MURTHY
PRESIDENT 2009-10

Shree
Hariharaputra
Bhajan Samaj
SAMAJ
SHAKTI
AWARDS
2010
Social Service
Shri Bhupinder Singh Kohli
22nd May, 2010
Mumbai

Param – Anand Award
2011
Presented to
MR. BHUPINDER SINGH KOHLI

ਭਾਈ ਘਨੂਈਆ ਜੀ ਮਿਸ਼ਨ ਸੁਸਾਇਟੀ (ਰਜਿ.) ਅੰਮ੍ਰਿਤਸਰ ਵੱਲੋਂ

ਉਦਮੁ ਕਰੇਦਿਆ ਜੀਉ ਤੂੰ ਕਮਾਵਦਿਆ ਸੁਖ ਭੁੰਚ ॥
ਧਿਆਇਦਿਆ ਤੂੰ ਪ੍ਰਭੂ ਮਿਲੁ ਨਾਨਕ ਉਤਰੀ ਚਿੰਤ ॥

ਸਨਮਾਨ ਪੱਤਰ

ਇਕ ਵਿਲਖਣ ਸਖ਼ਸੀਅਤ - ਸ. ਭੂਪਿੰਦਰ ਸਿੰਘ ਜੀ ਕੋਹਲੀ

ਗੁਰੂ ਨਾਨਕ ਘਰ ਦੇ ਸੁਨਿਹਰੀ ਸਿਧਾਤਾਂ ਤੇ ਚਲਣਾ, ਮਨੁੱਖਾ ਜਨਮ ਨੂੰ ਗੁਰਿ-ਜੁਗਤਿ ਰਾਹੀਂ ਸੁਫਲਾ ਕਰਨਾ ਅਤੇ ਸਰਬੱਤ ਦੇ ਭਲੇ ਦੇ ਵਿਸ਼ਵ ਵਿਆਪੀ ਸੁਨੇਹੇ ਨੂੰ ਸੰਸਾਰ ਭਰ ਵਿਚ ਪਰਚਾਰਨ ਦੀ ਸਾਕਾਰ ਮੂਰਤ ਹਨ-ਮੁੱਬਈ ਨਿਵਾਸੀ ਸ. ਭੂਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ।

16 ਮਈ 1960 ਨੂੰ ਮੁੱਬਈ ਵਿਖੇ ਮਾਤਾ ਜੋਗਿੰਦਰ ਕੌਰ ਦੀ ਕੁਖੋਂ ਪਿਤਾ ਸ. ਜਗਜੀਤ ਸਿੰਘ ਜੀ ਕੋਹਲੀ ਦੇ ਘਰ ਜਨਮੇ ਸ. ਭੂਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਜੀ ਦੀ ਉਪਜੀਵਕਾ ਦਾ ਸਰੋਤ ਸੰਨ 1980 ਵਿਚ ਸਟੇਟ ਬੈਂਕ ਆਫ ਇੰਡੀਆ ਬਣਿਆ। ਬੈਂਕ ਦੀਆਂ ਸੇਵਾਵਾਂ ਨੂੰ ਮਿਹਨਤ, ਲਗਨ ਅਤੇ ਜਿਆਨਤਵਾਰੀ ਨਾਲ ਨਿਭਾਉਣ ਦੇ ਨਾਲ-ਨਾਲ ਕਿਰਤ ਕਰੇ, ਨਾਮ ਜਪੇ, ਵੰਡ ਛਕੇ ਤਹਿਤ ਜੀਵਨ ਦੀਆਂ ਅਨਮੋਲ ਘੜੀਆਂ ਨੂੰ ਲੋੜਵੰਦ ਗਰੀਬਾਂ, ਰੋਗ ਪੀੜਤਾਂ, ਨਿਆਸਰਿਆਂ, ਗੁਰਦਤੀ ਆਫਤਾਂ ਵਿਚ ਪਿਰੀ ਲੋਕਾਈ ਦੀ ਸਹਾਇਤਾ, ਮੁਸੀਬਤ ਵਿਚ ਫਸੇ ਲਈ ਰਾਹਤ ਜੁਟਾਂਦਿਆ ਵਰਗੇ ਸਮਾਜਿਕ ਸੇਵਾ ਦੇ ਕਾਰਜ ਕਰਨੇ ਜਿਥੇ ਆਪ ਜੀ ਦਾ ਨੇਮ ਹੈ ਉਥੇ ਸੰਤੋਸ਼ਜਨਕ ਹੁਲੇਵਾਂ ਵੀ।

ਘਰ ਪਈ ਅਣਵਰਤੋਂ ਵਾਲੀ ਵਸਤੂ ਕਿਸੇ ਲੋੜਵੰਦ ਨੂੰ ਦਿੱਤੀ ਜਾ ਸਕਦੀ ਹੈ, ਪਰ ਥਾਂ ਥਾਂ ਤੋਂ ਐਸੀਆਂ ਵਰਤੋਂ ਯੋਗ ਵਸਤਾਂ, ਪੁਰਾਣੇ ਕੱਪੜੇ, ਭਾਂਡੇ, ਖਿਡੌਣੇ, ਚੰਗਾ ਸਾਹਿਤ, ਵਰਤੋਂ ਯੋਗ ਦਵਾਈਆਂ, ਫਰੀ ਸੈਂਪਲ ਇਕੱਠੇ ਕਰਕੇ ਲੋੜਵੰਦ ਚੈਰੀਟੇਬਲ ਸੰਸਥਾਵਾਂ, ਯਤੀਮ ਗਰੀਬ ਬੱਚਿਆਂ, ਬਿਰਧ ਘਰਾਂ ਤੱਕ ਪਹੁੰਚਾਣਾ, ਆਫਤ ਵਿਚ ਫਸੇ ਜਖ਼ਮੀਆਂ ਕਿਮਾਰਾਂ ਲਈ ਆਪਣੀ ਨਿੱਜੀ ਕਾਰ ਨੂੰ ਐਂਬੂਲੈਂਸ ਦੇ ਤੌਰ ਤੇ ਦਿਨ ਰਾਤ ਸੇਵਾ ਲਈ ਅਰਪਨ ਕਰਨਾ ਆਦਿਕ ਸੇਵਾਵਾਂ ਸ. ਭੂਪਿੰਦਰ ਸਿੰਘ ਜਿਹੇ ਵਿਰਲੇ ਇਨਸਾਨ ਹੀ ਕਰ ਸਕਦੇ ਹਨ। 4800 ਦੇ ਲਗਭਗ ਖੂਨਦਾਨੀਆਂ ਦੀ ਮੁਕੰਮਲ ਬਲੰਡ ਗਰੁੱਪ ਡਾਇਰੈਕਟਰੀ ਤਿਆਰ ਕਰਨਾ ਆਪ ਦਾ ਸ਼ਲਾਘਾਯੋਗ ਕਾਰਜ ਹੈ।

ਸੰਨ 2011 ਦੇ ਮੁੱਬਈ ਟਰੇਨ ਬਲਾਸਟ, ਮੁੱਬਈ ਅਤਿਵਾਦੀ ਅਟੈਕ, ਗੁਜਰਾਤ ਦੇ ਭੂਚਾਲ, ਸੂਰਤ ਅਤੇ ਮੁੱਬਈ ਦੇ ਤੁਫਾਨ ਪੀੜਤਾਂ ਲਈ ਆਪ ਦੀਆਂ ਨਿਭਾਈਆਂ ਸੇਵਾਵਾਂ ਅਤੇ ਹੋਰ ਅਨੇਕਾਂ ਸਮਾਜ ਭਲਾਈ ਦੇ ਕਾਰਜਾਂ ਲਈ ਆਪ ਜੀ ਨੂੰ ਵੱਖ ਵੱਖ ਸੰਸਥਾਵਾਂ ਵੱਲੋਂ ਵਿਸ਼ੇਸ਼ ਸਨਮਾਨ ਜਿਵੇਂ ਕਿ ਸਿੰਘ ਅਵਾਰਡ ਲੰਦਨ, ਕਰਮਵੀਰ ਪੁਰਸਕਾਰ, ਪਰਮਾਨੰਦ ਅਵਾਰਡ-2011, ਸਮਾਜ ਸ਼ਕਤੀ ਅਵਾਰਡ-2010 ਅਤੇ ਹੋਰ ਕਈ ਸਨਮਾਨਾਂ ਨਾਲ ਨਿਵਾਜਿਆ ਗਿਆ। ਆਪ ਜੀ ਕਈ ਸਮਾਜ ਸੇਵੀ ਸੰਸਥਾਵਾਂ ਜਿਵੇਂ ਰੈਂਡ ਕਰਾਸ ਸੁਸਾਇਟੀ, ਸਿਵਲ ਡੀਫੈਂਸ ਟਰੇਫਿਕ ਵਾਰਡਨ ਆਦਿਕ ਦੇ ਸਰਗਰਮ ਮੈਂਬਰ ਹਨ।

ਸਮਾਜ ਪ੍ਰਤੀ ਨਿਭਾਈਆਂ ਜਾ ਰਹੀਆਂ ਆਪ ਜੀ ਦੀਆਂ ਵੱਡਮੂਲੀਆਂ ਸੇਵਾਵਾਂ ਦੇ ਸਤਿਕਾਰ ਵਜੋਂ ਅੱਜ ਮਿਤੀ 31 ਮਾਰਚ 2013 ਐਤਵਾਰ ਨੂੰ ਭਾਈ ਘਨੂਈਆ ਜੀ ਮਿਸ਼ਨ ਸੁਸਾਇਟੀ (ਰਜਿ.), ਅੰਮ੍ਰਿਤਸਰ ਦੇ 16ਵੇਂ ਸਾਲਾਨਾ ਧੰਨਵਾਦ ਦਿਵਸ ਤੇ ਸੁਸਾਇਟੀ ਆਪ ਜੀ ਦੀਆਂ ਸਮਾਜ ਪ੍ਰਤੀ ਸੇਵਾਵਾਂ ਨੂੰ ਮੁੱਖ ਰੱਖਦੇ ਹੋਏ "ਭਾਈ ਘਨੂਈਆ ਜੀ ਸੇਵਾ ਅਵਾਰਡ-2013" ਨਾਲ ਸਨਮਾਨਿਤ ਕਰਨ ਤੇ ਫਖ਼ਰ ਮਹਿਸੂਸ ਕਰਦੀ ਹੈ ਅਤੇ ਅਕਾਲ ਪੁਰਖ ਤੋਂ ਆਪ ਜੀ ਦੀ ਚੰਗੀ ਸਿਹਤ ਅਤੇ ਚੜ੍ਹਦੀ ਕਲਾ ਦੀ ਅਰਦਾਸ ਕਰਦੀ ਹੈ ਤਾਂ ਜੋ ਆਪ ਜੀ ਹੋਰ ਉਤਸ਼ਾਹਿਤ ਹੋ ਕੇ ਸੇਵਾ ਦੇ ਕਾਰਜਾਂ ਵਿੱਚ ਜੁਟੇ ਰਹਿਣ।

ਮਨਜੀਤ ਸਿੰਘ
ਚੇਅਰਮੈਨ

ਇੰਜ. ਦਰਸ਼ਨ ਸਿੰਘ ਚਾਨੀ
ਪ੍ਰਧਾਨ

GURSIKH VICHAAR MANCH, AGRA
FOR HIS SPECIAL SERVICES
TOWORDS HUMANITY
17TH AUGUST, 2014
PRESENTED TO
S. BHUPINDER SINGH KOHLI

Anvika
SAMAJ SEWA SAMITI

Date

CERTIFICATE OF ACHIEVEMENT

Pride Of India Award & मातृशक्ति सम्मान

Presented to

Mr./Ms. **Bhupinder Singh Kohli (Banker, Social Worker)**

In recognition of your deep commitment for the humanitarian work irrespective of any cast, color & Religion Your valuable services are source of inspiration for all & Your tireless efforts in this direction are most appreciated.

Best wishes of the path of service of Mankind !

Anvika
SAMAJ SEWA SAMITI

Chief Guest	Chairman	Guest of Honour	Guest of Honour
Jeetu Patwari Ji	**Vikash Parashar**	**Shri G.G. Pandey**	**Harinarayanachari Mishra**
(MP Higher Education Minister)	(Anvika Foundation)	I.G. - Indore Police	IPS (DIG)

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ਭਾਈ ਗੁਰਦਾਸ ਐਜੂਕੇਸ਼ਨਲ ਫਾਊਂਡੇਸ਼ਨ
ਅੰਮ੍ਰਿਤਸਰ
ਵੱਲੋਂ
ਵਿਸ਼ੇਸ਼ ਪ੍ਰਾਪਤੀਆਂ ਲਈ ਸਨਿਮਾਨ
ਸ: ਭੁਪਿੰਦਰ ਸਿੰਘ ਜੀ, ਸਟੇਟ ਬੈਂਕ ਆਫ ਇੰਡੀਆਂ, ਮੁੰਬਈ
ਪ੍ਰਮਾਤਮਾ ਵੱਲੋਂ ਮਿਲੇ ਦੁਰਲੱਭ ਮਨੁੱਖੀ ਜੀਵਨ ਨੂੰ ਧੰਨ ਗੁਰੂ ਨਾਨਕ ਜੀ ਵੱਲੋਂ ਬਖਸ਼ੇ ਸੁਨਹਿਰੀ ਅਸੂਲਾਂ ਕਿਰਤ ਕਰੋ, ਨਾਮ ਜਪੋ, ਵੰਡ ਛੱਕੋ ਨੂੰ ਅਮਲੀ ਰੂਪ ਵਿੱਚ ਜੀਉਣ ਅਤੇ "ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ-ਗੁਰੂ ਪੰਥ" ਦੇ ਮਾਨ ਸਨਿਮਾਨ ਨੂੰ ਸਮਰਪਿਤ ਹੋ ਕੇ ਗੁਰਸਿੱਖੀ ਪ੍ਰਚਾਰ-ਪ੍ਰਸਾਰ ਅਤੇ ਸਰਬੱਤ ਦੇ ਭਲੇ ਲਈ ਹੁਣ ਤੱਕ ਕੀਤੀਆਂ ਮਹਾਨ ਸੇਵਾਵਾਂ ਲਈ ਸਨਿਮਾਨ ਅੱਜ ਮਿਤੀ 06 ਦਸੰਬਰ 2015 ਦਿਨ ਐਤਵਾਰ ਭਾਈ ਗੁਰਦਾਸ ਅਕੈਡਮੀ, ਗੁਰੂ ਕੀ ਨਗਰੀ, ਪੰਡੋਰੀ ਰਣ ਸਿੰਘ, ਤਹਿਸੀਲ ਤੇ ਜ਼ਿਲਾ ਤਰਨ ਤਾਰਨ ਪੰਜਾਬ ਵਿਖੇ ਕਰਦਿਆਂ ਮਾਣ ਮਹਿਸੂਸ ਕਰਦੇ ਹਾਂ। ਅਰਦਾਸ ਹੈ ਵਾਹਿਗੁਰੂ ਇਨ੍ਹਾਂ ਨੂੰ ਆਪਣੀਆਂ ਅਨੰਤ ਅਸੀਸਾਂ ਸਦਕਾ ਸੇਵਾ ਦੇ ਅਨਮੋਲ ਕਾਰਜਾਂ ਵਿਚ ਲਾਈ ਰੱਖਣ।
ਦਾਸਰੇ
ਸਮੂਹ ਸੇਵਕ
ਭਾਈ ਗੁਰਦਾਸ ਐਜੂਕੇਸ਼ਨਲ ਫਾਊਂਡੇਸ਼ਨ
ਭਾਈ ਗੁਰਦਾਸ ਅਕੈਡਮੀ
ਗੁਰੂ ਕੀ ਨਗਰੀ, ਪੰਡੋਰੀ ਰਣ ਸਿੰਘ, ਤਹਿਸੀਲ ਤੇ ਜਿਲ੍ਹਾ ਤਰਨ ਤਾਰਨ (ਪੰਜਾਬ)
ਫੋਨ : 98788-80089, 98148-98472

ਸਾ ਸੇਵਾ ਕੀਤੀ ਸਫਲ ਹੈ ਜਿਤੁ ਸਤਿਗੁਰ ਕਾ ਮਨੁ ਮੰਨੈ।।
SEWA
SOCIAL & ENVIRONMENTAL WELFARE ASSOCIATION
AWARD OF APPRECIATION
AND HONOR
Presented To
S. Bhupinder Singh
For Excellance In
Social And Humanitarian
Services Worldwide
ਸ. ਭੁਪਿੰਦਰ ਸਿੰਘ ਜੀ

Souvenir Brochure
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THE SIKH DIRECTORY presents
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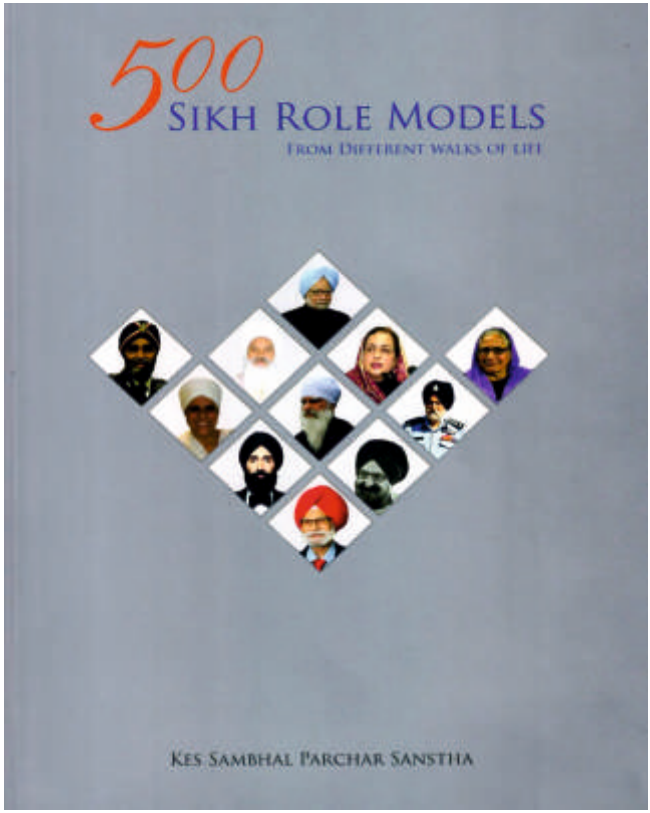
Sunday 21st October 2012
The Park Plaza Hotel, Westminster Bridge Road, London. SE1 7UT
www.SikhAwards.com

MR BHUPINDER SINGH KOHLI (INDIA)

Bhupinder Singh lives in Mumbai and works for the State Bank of India in Belapur. He participated in relief efforts during the Gujarat Earthquake 2000, the Tsunami and Mumbai floods in 2005, and the Surat floods in 2006. He helped the victims of the 2011 Mumbai train blasts and Mumbai terror attacks by taking them to hospital in his own private car which he converted into an ambulance once he noticed officials were struggling with the numbers needing medical attention. He ensures that his private car is always available for the free emergency ferrying of "patients" to and from hospital. He is a member of numerous charitable causes and organisations.



Bhupinder Singh Kohli

359.

Bhupinder Singh Kohli is a senior officer of State Bank of India and is also engaged in social activities in Mumbai. He was born on 16th May 1960 in Mumbai in the house of Sdn. Joginder Kaur and S. Jagjeet Singh Kohli. He had his education there and then joined State Bank of India in 1980. Whereas he is respected as an honest and dedicated officer, he is better known as social activist, a motivator and an excellent human being. When in 2011, Mumbai train blast and terrorists attacks hit the people, he played a vital role in helping them by all means. Similarly, he did useful service for the people affected by Gujarat earthquake or Surat/ Mumbai storms. For helping the people, he has been organizing blood donation camps, providing food and other necessary articles and attending to the wounded/injured people. His mother (now 83 years old) had been collecting old and unused clothes and distributing them to the needy people. S. Kohli following in the footsteps of his mother also collects not only clothes, but unused and unexpired medicine and provides them to charitable dispensaries. He is a member of Civil Defence, the Red Cross Society and a Traffic Warden. He is a volunteer of many other organizations involved in social work. He is also associated with Home for old age people and a home for Leprosy patients. A unique service for which he is approached by many people is that he has made his personal car an ambulance. This happened when he noted one day an accident victim dying for want of ambulance service. He realized that he could help such people in distress with his new car which had been used sparingly. He decided to use it in emergencies for shifting patients from or to hospitals free of cost. The very next day, he got "free hospital service within Navi Mumbai during night" inscribed on the car and was on the job. How many of us would have thought of using our own cars for such charitable cause? Another important aspect of Mr. Kohli's personality is that he is a motivational speaker. Whenever he delivers such lectures, he inspires the people with hope and positivity. This attitude is inconformity with Gursikh way of living as a Gursikh always remains and keeps others in high spirit (Chardi Kala). As his mother has formed a ladies Kirtan group, mostly of senior citizens, he, too associated himself with Sikh activities. Thus, he is a great source of inspiration and a true role model of a Government servant acting simultaneously as a social activist (remaining useful for the society).

GOVT. OF INDIA
MINISTRY OF HEALTH & FAMILY WELFARE
DIRECTORATE GENERAL OF HEALTH SERVICES
GOVT. MEDICAL STORE DEPOT MUMBAI

Letter of Appreciation: *Shri Bhupinder Singh Kohli*

We hereby express our sincere thanks and gratitude to Shri Bhupinder Singh Kohli for his esteemed presence and lecture on Moral values and expertise about CSR events. His lecture guided us how as individuals we can contribute towards social cause and also excel in our individual performance.

Your speech gave immense knowledge and help our staff to understand more about social and moral responsibilities.

We also look forward of your future visits in our GMSD campus and give us your valuable advices which will be a great source of inspiration and help making a great contribution in the development of our organization.

Thank you for your valuable time and sharing of your enriched experiences.

Dr Nirmal Mandal
Sr. Chief Medical Officer(SAG),
I/C Govt. Medical Store Depot, Mumbai
President of the All India Officers' Association,
Mumbai Branch

Date: 10/01/2018

सत्यमेव जयते

CIVIL DEFENCE

भारत
INDIA

सर्व भूत हिते रतः

BATALA

"AWARD OF HONOUR"

Presented to

SH. BHUPINDER SINGH KOHLI

Greater Mumbai

at Batala, Punjab on 07 December 2022

Present by :

HARBAKHASH SINGH

Post Warden
Warden Service, Civil Defence, Town-Batala
Knowledge Partner
Disaster Management Comrades & Champions
(DMCC) Global Community
Punjab Ambassador
Village Disaster Management Plan (VDMP)
Zone 4 Solutions, New Delhi

AKAL UNIVERSITY

Talwandi Sabo, District Bathinda (Punjab)
(Established under the Punjab Government Act No. 25 of 2015)

No. AUTS/REG/2018/ Dated : 24.01.2018

LETTER OF APPRECIATION

The entire staff and students of Akal University express sincere thanks and gratitude to S. Bhupinder Singh Kohli for delivering his inspirational lecture on Moral Values entitled "*The Everyday and Beyond*" to the students and faculty of University on 24.01.2018. We are highly grateful to him for sparing valuable time and sharing his enriched experiences of providing social services to the needy and under-privileged sections of the society.

24/1/18

(Registrar)
Registrar
Akal University
Talwandi Sabo
Distt. Bathinda (Pb)

Email : registrar@auts.ac.in, Contact : 8283922611

ੴ ।। ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ।। ੴ Ph- 9412495701

AKAL ACADEMY, GOMTIPUL

Affiliated to CBSE Delhi

Day Boarding English Medium Co- Educational Senior Secondary Public School
Gomtipul, Puranpur -262122 (Pilibhit) U.P.
Managed by the Kalgidhar Society

The Real Voice Based Education

Affiliation No- 2130561

School Code- 54014

Ref. No.....

Date 01.11.2018

To
S. Bhupinder Singh Kohli ji
Social activist & social worker
Mumbai

Waheguru ji ka khalsa
Waheguru ji ki fateh

This letter is to express our sincerest gratitude to S. Bhupinder Singh Kohli ji, Motivational Speaker /Social Worker, for his most inspirational and highly motivational session with students and teachers of Akal Academy Gomtipul, Navadia Sultanpur, Puranpur, Distt. – Pilibhit (U.P.) 262122 on dated 31st Oct. 2018.

Your motivational talk and presentation with students was very fruitful and has inculcated understanding about moral values and social responsibilities among teachers and students.

Our Academies look forward to more of such visits in future also.

We all express our heartfelt gratitude and thanks for your visit.

Yours sincerely

1.11.2018

Principal

Akal Academy, Gomtipul

Principal
Akal Academy
(An Eng. Med. Sr. Sec. School Affiliated to CBSE)
Gomtipul, Puranpur, Distt- Pilibhit (UP)

ੴ ਵਾਹਿਗੁਰੂ ਪ੍ਰਸਾਦਿ ੴ

Mob. 9875987415
9456682367

Akal Academy Kajri

(Affiliated to CBSE New Delhi)

Day Boarding English Medium Co- Educational Senior Secondary School
Kajri Niranjanpur Puranpur -262122 (Pilibhit) U.P.
Managed by the Kalgidhar Society, Baru Sahib (H.P.)
Website : www.barusahib.org

Affiliation No- 2130685 E-mail : aakajri@akalacademy.ac.in School Code- 54141

Date- 08/11/2021

This letter is to express our sincerest gratitude to **S. Bhupinder Singh Kohli** ji, Motivational Speaker/Social Worker, for his most inspirational and highly motivational session with students, parents & teachers of Akal Academy Kajri, VPO Kajri Niranjanpur, Puranpur Distt. Pilibhit (U.P.) on dated 8th November 2021.

Your motivational talk and presentation with students was very fruitful and has inculcated understanding about moral values and social responsibilities among teachers and students.

Our Academies look forward to more of such visits in future also.

We all express our heartfelt gratitude and thanks for your visit.

Yours Sincerely

Principal
Akal Academy Kajri
VPO kajri Niranjanpur,
Puranpur Distt. Pilibhit (U.P.)

Principal
Akal Academy Kajri
V.P.O. Kajri Niranjanpur
Affi No. - 2130685

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Ph.- 05880-26734
Mob. 941249570

Akal Academy, Gomtipul

(Affiliated to CBSE New Delhi)

Day Boarding English Medium Co- Educational Senior Secondary Public School
Gomtipul, Puranpur -262122 (Pilibhit) U.P.
Managed by the Kalgidhar Society, Baru Sahib (H.P.)
Website : www.barusahib.org
Affiliation No- 2130561 E-mail : aagomti@akalacademy.ac.in School Code- 54014

The Real Value Based Education

Date: - 09.11.2021

To,

S. Bhupinder Singh Kohli JI
Social Activist & Social Worker
Mumbai

"Waheguru ji ka khalsa
Waheguru ji ki fateh"

This letter is to express our sincerest gratitude to **S. Bhupinder Singh Kohli Ji,** Motivational Speaker/Social Worker, for his most inspirational and highly motivational session with students and teachers of **Akal Academy Gomtipul,** Navadia Sultanpur, Puranpur, Distt- Pilibhit(U.P.) 262122 **on dated 09.11.2021.**

Your motivational talk and presentation with students was very fruitful and has inculcated understanding about moral values and social responsibilities among teachers and students.
Our Academies look forward to more of such visits in future also.
We all express our heartfelt gratitude and thanks for your visit.

Yours Sincerely

Principal
Akal Academy Gomtipul

Phone: 01633- 261026 (Off.)
E-mail:-
aamuktsar@akalacademy.ac.in

ੴਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥

AKAL ACADEMY, MUKTSAR

(ENGLISH MEDIUM SR. SEC. PUBLIC SCHOOL AFFILIATED WITH C.B.S.E. GOVT. OF INDIA, NEW DELHI)

Affiliation No. 1630162, School Code: 20178

Ref 5287/12/22 Date: 12.12.2022

LETTER OF APPRECIATION

The entire faculty, staff and students of Akal Academy Muktsar express sincere thanks and gratitude to S. Bhupinder Singh Kohli for delivering his inspirational lecture on Moral Values entitles "The Everyday and Beyond" to the students and faculty of Akal Academy, Muktsar on 12/12/2022. We are highly grateful to him for sparing valuable time and sharing his enriched experiences of providing social services to the needy and under-privileged sections of the society.

Principal
AKAL ACADEMY, MUKTSAR
Near Dera Bhai Mastan Singh
School, Code-20

Mrs. Symbolpreet Kaur Grewal
Principal cum Mega Cluster Head
Akal Academy Muktsar
Near Dera Bhai Mastan Singh
Malout Road, Sri Muktsar Sahib

Mobile No- 98759-87467(Off.)

E-Mail:- aaserverkhuyian@akalacademy.ac.in

AKAL ACADEMY, KHUIAN SARWAR

(ENGLISH MEDIUM DAY BOARDING PUBLIC SCHOOL ON CBSE PATTERN)

13-12-2022

TO WHOM SO EVER IT MAY CONCERN

This is to certify that Mr. Bhupinder Singh Kohli , has delivered lecture on " THE EVERYDAY & BEYOND " at Akal Academy Khuian Sarwar, Dist-Fazilka (PB) , on 13-12-2022. His lecture was based on his inspirational and thrilling experience during the social work those were impressive and quite motivating . Many of our students & staff members were inspired by his zeal to give back to the society.

We wish him all the success in his endeavours of serving the society.

Principal/Administress
AKAL ACADEMY
Akal Academy (Pvt.)

Khuian Sarwar

AKAL ACADEMY

English Medium, Day Boarding,
Co-Educational Public School
Affiliation No. 1730936, School Code - 11348

09928381113
e-mail :aaganganagar@akalacademy.ac.in
10Z, PO-12Z, Sri Ganganagar
Tehsil&Distt.Sri Ganganagar (Raj.)-335001
Managed by : The KalgidharTrust,Baru Sahib(HP)

Ref. No.

Date 13.12.22

Letter of Appreciation

The entire staff, Students of Akal Academy, Ganganagar expresses sincere thanks and grateful to S. Bhupinder Singh Kohli for delivering a motivational lecture on moral values entitled "Everyday and beyond" to the Staff and students of Akal Academy, 10Z Sriganganagar. We are highly grateful for him for sharing his valuable time and sharing his enriched experiences of providing social services to the needy and the under privileged sections of the society.

Principal,

Harbeen Kaur

Principal
AKAL ACADEMY
10-Z, Sri Ganganagar

AKAL ACADEMY KAMRANI

Distt. & P.O. Hanumangarh (Raj.) M. 9875987420

Chain of English Medium, Day Boarding, Co-Educational Schools

Run By: The Kalgidhar Trust Baru Sahib (H.P.)

Affi.No. 1730688

Ref. No. 151/AAK/2022-23 Dated. 14/12/2022

LETTER OF APPRECIATION

The entire faculty ,staff and students of Akal Academy Kamrani express sincere thanks and gratitude to S. Bhupinder Singh Kohli for delivering his inspirational lecture on Moral Values entitles " The Everyday and beyond " to the students and faculty of Akal Academy Kamrani on 14/12/2022. We are grateful to him for sparing valuable time and sharing his enriched experiences of providing social services to the needy and under-privileged sections of the society.

Mrs. Mandeep Kaur
Principal
Akal Academy Kamrani

Principal
AKAL ACADEMY
Kamrani, Hanumangarh
Rajasthan

AKAL ACADEMY
English Medium, Day Boarding,
Co-Educational School

Ph. 9875987303
e-mail : aa31bbpadampur@akalacademy.ac.in
31BB, Padampur, Teh- Padampur,
Distt. Sri Ganganagar (Rajasthan)-335041
Managed by : The Kalgidhar Trust, Baru Sahib(HP)

Ref.No-AA31BB/173/2022 Date:-14-12-2022

LETTER OF APPRECIATION

I am writing this letter with great pride and bliss to appreciate Valuable and motivational session on,"Everyday and Beyond" by **Mr. Bhupinder Singh Kohli** at **Akal Academy 31BB**, **Padampur**. Both the teachers and students felt motivated and encouraged to work for the welfare of the society.

On behalf of all the students and staff members I would like to thankyou for your precious time spent at our academy. I look forward to have another session soon in future.

Thanking you

14/12/22

Principal
Akal Academy 31BB
Padampur (Rajasthan)

PRINCIPAL
AKAL ACADEMY 31 BB

AKAL ACADEMY

Affiliated to CBSE, New Delhi
Affiliation no. 1630962
English Medium, Day Boarding, Co-Educational School

Mobile: 98759-87281
e-mail : aakhamanonkhurd@akalacademy.ac.in

Khamanon, P.O. Khamanon,
Distt. Fatehgarh Sahib (Punjab) 141801
Managed by: *The Kalgidhar Trust, Baru Sahib (HP)*
Website: http://khamanonkhurd.akalacademy.ac.in

Ref. No. AAKh/Dec.22/6 Date...17/12/2022

S. Bhupinder Singh Kohli,
Mumbai

Subject: Thanks for Conducting Session on "Human Values in Everyday Life

Respected Sir,

It is our privilege to thank you from the bottom of our hearts for conducting a session on "Human Values in Everyday Life". Our hearts feel lot of gratitude & respect for sparing your valuable time for us. The wonderful documentaries based on true events will leave a great impact on the minds of students and let them learn how to retain moral & human values in life.

You have motivated our staff and students to tap their potential, recognize their inherent strengths, and support them in building on those strengths. This can be harnessed in the cause of positive change to the society. The ideas outlined in the session can help our students to launch a broader movement aimed regularly at individual growth for social improvement, a coalition of many of us who see we are all one and live each day for the benefits of humanity. Students learnt a lot that how our small efforts can bring the enormous change in someone's life.

Thank you for enriching our experience with your modesty. I admire your composer, work ethic & most of all excellent representation. We are humbled and looking forward to having you again in the campus.

With Regards,

Principal

Akal Academy Khamanon

Principal 17/12/2022
Akal Academy, Khamanon
Distt. Fatehgarh Sahib
CBSE Affiliation No 0000

AKAL ACADEMY

English Medium, Day Boarding, Co-Educational Public School

✆: **9875987283**

e-mail: aakhichipur@akalacademy.ac.in

Akal Academy Khichipur, Vill. Khichipur, P.O. Haripur, District -Jalandhar - 144102

Managed by: *The Kalgidhar Trust, Baru Sahib (HP)*

Date : 16.04.2026

Respected Mr. **Bhupinder Singh Kohli** ji,

Greetings from our academy.

We would like to express our sincere gratitude for taking the time to visit our academy. It was a great honour and privilege to have you with us. Your presence truly inspired both our students and staff.

We deeply appreciate the valuable insights and guidance you shared during your visit. Your encouraging words have motivated our students to work harder and aim higher in their academic journey.

Your visit has left a lasting impression on everyone, and we are thankful for your support and encouragement towards our institution.

We look forward to welcoming you again in the future.

Thanking you once again.

Warm regards,

Ms. Gurinder Kaur

Principal

Akal Academy Khichipur

16/4/26

AKAL ACADEMY BOPARAI KALAN

Village Boparai Kalan, Tehsil Nakodar, Distt. Jalandhar(PB)

ENGLISH MEDIUM DAY BOARDING SCHOOL

Date -17.04.2026

This letter is to appreciate you for volunteering and supporting the unfortunates with a lot of dedication. S.Bhupinder Singh Kohli is a prime remarkable example of selfless service, compassion and dedication. He is extraordinaire based in Mumbai. He has a full time job like most of us, work is in State bank of India as a senior employee. His identity is more than meets the eye at first glance. He is very committed social worker, people come to S.Bhupinder Singh with their hopes, aspirations, regular requests for help and he never says 'No' to anyone.

His active involvement during major crises like the 2001 Bhuj earthquake and the 2008 Mumbai attacks highlights his readiness to serve in difficult times. He is always available for those in distress, often responding quickly to emergency calls. His odyssey in to community work, flagged off early on, has continued to this day. It has a cut wide swathe, ranging over service to orphanages, old age homes, handicapped children, Underprivilegrd and disadvantaged section, not to speak of hospitals and charitable institutions. His services are availed of by NGOs across centers in the country.

S.Bhupinder singh Kohli ji is a great inspiration for all of us. The entire society and community is in gratitude and whole heartedly thanks to your dedication, devotion and resilience. We pray for your health and well-being.Thankyou so much to visit.

With warm regards.

Headmistress

Gaganmeet Kaur

AA Boparai Kalan

Gmeet
17/4/26.

Headmistress
A.A. Boparai Kalan (Nakodar)
Distt. Jalandhar

PODAR INTERNATIONAL COLLEGE
Saraswati Road, Santacruz (w)
Mumbai - 400 054.

Tel: 67111 111 Ext.: 233 | www.podarcollege.org

PODAR INTERNATIONAL COLLEGE

19th September, 2013.

Bhupinder Singh Kohli
State Bank of India
Mumbai.

Dear Mr. Kohli,

Thank you for serving as a 'Guest Speaker' for our students at Podar International College. Sharing your ideas and expertise about CSR events and how we as individual could contribute towards a social cause has made this session a fruitful and rewarding experience. Your understanding of these social causes and needs contributed tremendously to inspire the students.

Thank you for giving your valuable time and sharing your enriching experience with us. There were many positive comments and appreciations on your time spent with the students. Your contributions are highly appreciated and will be a source of inspiration for students pursuing their occupational interests.

Sincerely,

Dr. Kishor Pillai,
Dean
Podar International College
(School of Business)
Contact: (P) 9820049393 (O) 26461969
Email: dean@podarcollege.org/ kpsir@yahoo.co.in

YZAD EDUCATION TRUST'S

SDILA

SHIRIN DINYAR IRANI LEARNERS ACADEMY

'YZAD' Sam Nariman Road, Dahanu Road - 401 602.
Correspondence Address : Shahpur Villa, Kati Road, Dahanu Road - 401 602.
Tel. : (02528) 601020 / 601030 • E-mail : info@yet.org.in • Website : www.yet.org.in

REF. NO _____ DATE _____

Ref. No. SDILA/39 /2016-17 Date: 02/12/2016

To,
Mr.Kohli,
Dahanu ,
Sarawali,
Dahanu-401602.

Sub:- Letter of Thanks

Dear Sir,

On behalf of Yzad Education Trust's 'Shirin Dinyar Irani Learners Academy', I would like to thank you for enlightening our students and teachers with your inspirational speech on social causes.

We appreciate your efforts for travelling from Mumbai to Dahanu to guide our students. My sincere thanks to you for making this visit a grand success.

With gratitude,

SHIRIN DINYAR IRANI LEARNERS ACADEMY DAHANU ROAD, DIST. PALGHAR 401 602

Principal
Mrs. Preeti Thakkar.
Shirin Dinyar Irani Learners Academy
Dahanu Road.

Cdr S K Vidyarthi
Cdr 'ED'

INS Angre
Shahid Bhagat Singh Road,
Mumbai -400023.
Tel.: 2660862 (O)
2664949 Extn 1037 (O)

28th Oct. 06

DO : 70118-H

Dear Shri Kohli

We feel proud to honor you with this award for an excellent and dedicated humanitarian work extended by you to the mankind in every critical situation whether it is Mumbai or Surat Flood, Gurajat Earthquake, Tsunami or Mumbai Bomb Blast. This immense work needs great courage and will . In this materialistic world where our own close associates or next keen has no time and you make your life spared for all at every moment.

We pray to almighty for your good health and keep your gallant work continue.

With warm regards

(SK Vidyarthi)
Commander
Sr. Education Officer

Shri. B. S. Kohli,
B-21/3, Sector 13,
Nerul- 400 706.
(NAVI MUMBAI)

भारतीय स्टेट बैंक
State Bank of India

STATE BANK OF INDIA
MANERI,UTTARKASHI

JULY 12TH 2013

TO WHOMSOEVER IT MAY CONCERN

I appreciate **Shri Bhupinder Singh Kohli** our staff from Mumbai who has visited our Maneri Branch on behalf of **BHAI GHANAIYAJI SEWA MISSION (Regd.)** alongwith **Shri Kulwant Singh** from **SRI GURU SINGH SABHA** (Regd.), **Mumbai** and **Shri Balbir Singh** from **SARBANSDANAI SEWA SOCIETY (Regd.), Dehradun** for Flood Relief work **at** UttARKASHI and nearby villages and have extended aid to the disastrous victims.

We wish them heartiest wishes and blessings for this Noble Work.

Branch Manager
(SOHANLAL)

NCRD's
Sterling
INSTITUTE OF MANAGEMENT STUDIES
Approved by A.I.C.T.E., New Delhi, Recognized by Government of Maharashtra & Affiliated to University of Mumbai

Dated: 9th March, 2022

To,

Mr.Bhupinder Singh Kohali,
Navi Mumbai.

Dear Sir,

On behalf of Sterling Institute of Management Studies, Nerul, I express my sincere gratitude for your valuable contribution as a speaker for the Seminar on **"The everyday and beyond"** for MMS & MCA students and Faculties, held on **9th March, 2022**. I appreciate the time you took out from your busy schedule to join us. I thank you for sharing your insights and expertise with our students. The seminar was a great success, and your wise words inspired many students. The students were very happy to interact with you.

We look forward to your presence for our future endeavors.

Sincerely,

9.3.22

Dr. Prashant Gundawar
Director

Plot No.93 / 93A, Sector 19, Nerul (East), Near Seawoods Rly. Station, Navi Mumbai - 400 706.
Contact No.: 22-2770 2282 / 2772 2290 / 2771 5308 / 2771 2335
E-mail : director@ncrdsims.edu.in, Website : www.ncrdsims.edu.in

Rustomjee
ACADEMY FOR GLOBAL CAREERS

Letter of Appreciation

To,
Mr. Bhupinder Singh Kohli

This letter is to express our sincere gratitude for the esteemed presence and lecture on Moral Values and expertise about CSR events and how we as individual could contribute towards a social cause.
Your presence was a great blessing to our first year's students and your speech gave immense knowledge and help them to understand more about Social responsibilities.
We also look forward in the future of your visits in our college and give us your valuable advises which will be a great source of inspiration and help in making great contribution in the development of our community.
Thank you for giving your valuable time and sharing your enriching experience.

Yours Sincerely,

Bharat Vaswani.
(Academic Head)

Rustomjee Academy for Global Careers – Dahanu Centre, ShirinDinyarIrani Learner's Academy
YZAD Sam Nariman Road, Savta – Saravali, Dahanu (E) – 401602
Ph: 8983555700 / 701 Email: enquiries@ragc.rustomjee.com

HOLY CROSS HIGH SCHOOL

Juhu Tara, Santacruz (West), Mumbai - 400 049. Ph: 2660 6252
Recognized by Government: Unaided School *Index No: 32.03.008*

Date: 23.04.2018

To,
Mr. Bhupinder Singh kohli,
Mumbai.

Respected Sir,

We sincerely thank you for spending your valuable time in conducting an informative session on: "Value Education" for our students. I'm sure our students have gained a lot of insight from your session and will also inculcate the values taught to them. It was an interesting and enriching session.

Thanking You once again.

PRINCIPAL

PRINCIPAL
HOLY CROSS HIGH SCHOOL
Juhu Tara, Santacruz (W),
Mumbai - 400 049.

HOLY CROSS HIGH SCHOOL * JUHU - TARA * MUMBAI 400049.

S. Bhupinder Singh Ji Kohli

Mumbai (India)

On behalf of the Sangat of Dubai we are pleased to say thank you for being present here as Guest Speakers. We appreciate for taking the time and effort to be here. We also thank you for your participation and sharing your ideas and expertise on Sewa which is the core ideology of Sikhism. We certainly hope that the workshop has been all that you expected it be and you have taken the opportunity to make aware about "Gurmat vich Sewa Da Sankalp" having discussed and exchange of many experiences, suggestions and opinions with Sangat of UAE.

As we conclude we hope each of us will work together for the Mankind and Noble Cause.

(Authorized Signatory)

DR. NIRMAL MANDAL
ADDITIONAL DIRECTOR

डॉ. निर्मल मंडल
अपर निदेशक

सत्यमेव जयते

Government of India
Ministry of Health & Family welfare
C.G.H.S. MUMBAI
Address: - Prathishta Bhawan, South Wing, Gr. Floor,
M. K. Road, New Marine Lines, Mumbai - 400020.

भारत सरकार
स्वास्थ्य एवं परिवार कल्याण मंत्रालय
सी.जी.एच.एस. मुंबई
पता:- प्रतिष्ठा भवन, साउथ विंग, जी. आर. फ्लोर, एम. के. रोड,
न्यू मरीन लाइन्स, मुंबई - 400020.

To,
Shri Bhupinder Singh Kohli
BKK MEMORIAL FOUNDATION
MUMBAI

This letter is to appreciate you for volunteering and supporting the unfortunates with a lot of dedication. We really respect you for your altruistic services and hard work for the mankind whether in natural calamities or with underprivileged. We admire that you really managed everything according to the expectations and helped the needy by supporting and trying to make their life blissful.

We understand that it is a cumbrous work, but you organized everything well. Your contribution made a great difference to many lives. Your willingness and to dedicate your time and resources are greatly appreciated and invaluable. The compassion that you are showing the people you serve is a great inspiration for all of us.

The entire society & community is in gratitude and whole heartedly thanks to your dedication, devotion, and resilience. We pray for your health and well-being. We wish you continue with the same spirit.

With Warm regards.

6/1/2023
Dr Nirmal Mandal
Additional Director,
CGHS Mumbai.

Tel: 022-22018600/22018648, Email: ad.mum@cghs.nic.in

This certificate is awarded to

Bhupinder Singh Kohli

for winning the **first position** for plantation and nurturing of trees (200 and above).

Together we planted 1,25,019 trees on July 03, 2024.

We appreciate your dedication and commitment to creating a greener and healthier planet.

(Vimla S Lalbhai)
Chairperson - Atul Foundation

GOVERNMENT OF INDIA
MINISTRY OF HEALTH & FAMILY WELFARE
CGHS WELLNESS CENTRE, AMBARNATH W/C. 12,
LD PRIMARY SCHOOL, NEAR ORDANANCE FACTORY ESTATE GATE
AMBARNATH (WEST) PIN CODE: - 421502
E-mail: ambnt.mu@cghs.nic.in PHONE NO. 0251-2952566

15th May, 2025

BHUPINDER SINGH KOHLI

BKK MEMORIAL FOUNDATION

There is an urgent need to plant more trees to protect nature and save Mother Earth. It is our responsibility to plant and nurture trees for future generations. This act brings inner satisfaction, peace, and a sense of well-being.

BKK Memorial Foundation is admired for its mission of environmental protection. Your efforts in promoting the Go Green Environment are truly commendable. You've helped build a society based on Love, Giving, and ecological care.

The Green Endeavor at CGHS, Ambernath, is a symbol of collective dedication. 183 plants in Flora Garden, inaugurated on 15th May 2025, honor Late Bhupinder Kaur Kohli. On her 8th Anniversary, this tribute adds meaning and purpose to the cause.

Your intervention ensures a cleaner, greener, and healthier environment for all and we extend our heartfelt gratitude to you and Mr. Rameshwardas (Gardener) in developing a garden involving his labor, skill, and dedication and has put into creating and maintaining beautiful and thriving spaces.

Dr. NIRMAL MANDAL

15/5/2025

CMO I/C (SAG)

Ambernath Wellness Centre

DR. NIRMAL MANDAL
MBBS, DMCW
SENIOR CHIEF MEDICAL OFFICER
SUPERTIME ADMINISTRATIVE
GRADE (SAG)
CENTRAL GOVT. HEALTH SCHEME,
MUMBAI.

Dr. Sanjay G. Liye
Sr. Superintendent of Post Offices

Mumbai East Division,
Dadar HPO Building, 3rd Floor,
Mumbai - 400 014.

सत्यमेव जयते

डॉ. संजय ग. लिये
वरिष्ठ अधीक्षक डाकघर,
मुंबई पूर्व मंडल,
दादर प्रधान डाकघर भवन, ३री मंजील,
मुंबई - ४०००१४.

D.O. No: - SSPE/Misc/Tree Plantation/Dadar HO/2025-26
Date : - 01.07.2025

Dear Shri Kohli,

B K K memorial foundation is honored for its eco conscious vision. Your Go Green commitment inspired positive environmental action. The green endeavor at Dadar Head Post Office, Dadar Mumbai 400014 shows unity in all purpose. It symbolizes a shared dedication to nature and sustainability. Planting 105 trees on 15.05.2025 in surrounding area of Dadar HO is a milestone.

Trees planted promises life and share of tomorrow. Thank you for all your contributions and all the things you do each day. From our side, we shall continue planting more trees. We are looking forward working with you. Our joint efforts will shape a cleaner, greener future for all.

Once again Thank you,

With warm regards.

Yours Sincerely

(Dr. Sanjay G Liye)
वरिष्ठ अधीक्षक डाकघर,
Sr. Supdt. of Post Offices,
मुंबई पूर्व मंडल, मुंबई-400 014.
Mumbai East Dn., Mumbai-400 014.

To,
Bhupinder Singh Kohli
B K K Memorial Foundation.

भारतीय डाक
India Post
Share your feedback on:
https://www.indiapost.gov.in/VAS/Pages/CustomerFeedback.aspx
Register your complaint:
https://www.indiapost.gov.in/VAS/Pages/ComplaintRegistration.aspx
TOLL FREE Helpline No.
18002666868

(ऑर्डनन्स फॅक्टरी अंबरनाथ, रक्षा मंत्रालय, भारत सरकार संचालित)
ऑर्डनन्स फॅक्टरी स्कूल, अंबरनाथ, जि. ठाणे
ORDNANCE FACTORY SCHOOL
AMBERNATH - 421 502. DIST. THANE
[Recog.No.END/S/4/25-78/79 dated 29-03-1978] [SSC Index No. 16.02.001]
U-DISE CODE NO. 27211508502
Email- ofsambernath@gmail.com

18-June-2025

मा०
भुपेंद्र सिंग कोहली
बी. के. के मेमोरियल
फाऊंडेशन
मुंबई.

महोदय,

आपणास कळविण्यास आनंद होतो की आपण आपल्या बी के के मेमोरियल फाऊंडेशन, मुंबई तर्फे पाठवलेली 25 विविध झाडे आम्ही आमच्या शाळेच प्रांगणात रोपण केलेली आहेत. आपल्या या वृक्षारोपण कार्यक्रम चा आम्हाला फायदा झाला असून आम्ही आपण दिलेल्या झाडाचे संवर्धन करणार याची आपणास ग्वाही देतो.

पुन्हा आमच्या शाळे तर्फे आपल्या फाऊंडेशन चे आभार.

Kakade
18/06/2025

SMT. KALPANA V. KAKADE
श्रीमती. कल्पना वि. काकडे
Principal
प्राचार्य
MINISTRY OF DEFENCE
रक्षा मंत्रालय
PMSHRI ORDNANCE FACTORY SCHOOL
AMBERNATH (MH)
पीएमश्री ऑर्डनन्स फॅक्टरी स्कूल
अंबरनाथ (महा)

SBI MEMORIES

Shri D.N. Ghosh (Ex SBI Chairman) & Mrs. Anna Malhotra (Chairman JNPT) during Painting Competition for children

Dr A.K. Bhattacharya (Ex CGM) Blood Donation Camp at Backbay Reclamation (1985)

Shri L.A.D. Fernandes (Ex GM) Blood Donation Drive at Backbay Reclamation (1986)

Shri & Smt. B. Ramesh Kumar (Ex CGM) Mumbai LHO (2005)

Picnic, Dance, Bhajan & Dine with Orphan Girls

Ms. Bharati Rao (Ex. DMD) during Orphans Picnic (2006)

Shri Diwakar Gupta (Ex DMD) relief to Physical Challenged Widow at State Bank of Patiala (2007)

Shri Siddharth Sengupta (Ex DMD) at Old Age Home (Oct 2007)

Shri J.P. Verma (Ex GM) donation of
Artificial Limb to a Driver (16 Sept. 2006)

WATER SUPPLETION PROJECT
at Village Bhoirwadi, Taluka Murbad, Dist. Thane (Maharashtra)

जल आपूर्ति अभियान
गाव भोईरवाडी, ता. मुरबाड, जि. ठाणे (महाराष्ट्र)

Shri Manoranjan Panda (DGM)
Shri Awadesh Kumar (AGM)

Shri Nand Kishore (CGM),
Shri Venkateshvarlu (DGM)

30.01.2021

SHRI ASHOK KINI, STATE BANK MANAGING DIRECTOR FELICITATING FOR RENDERING YEONEM SOCIAL SERVICE TO THE COMMUNITY

ਆਪੇ ਸੇਵ ਕਰਾਇਦਾ ਪਿਆਰਾ ਆਪਿ ਦਿਵਾਵੈ ਮਾਣ॥

The Beloved Himself Commits some to His Service, and He Himself Blesses them with Honor.

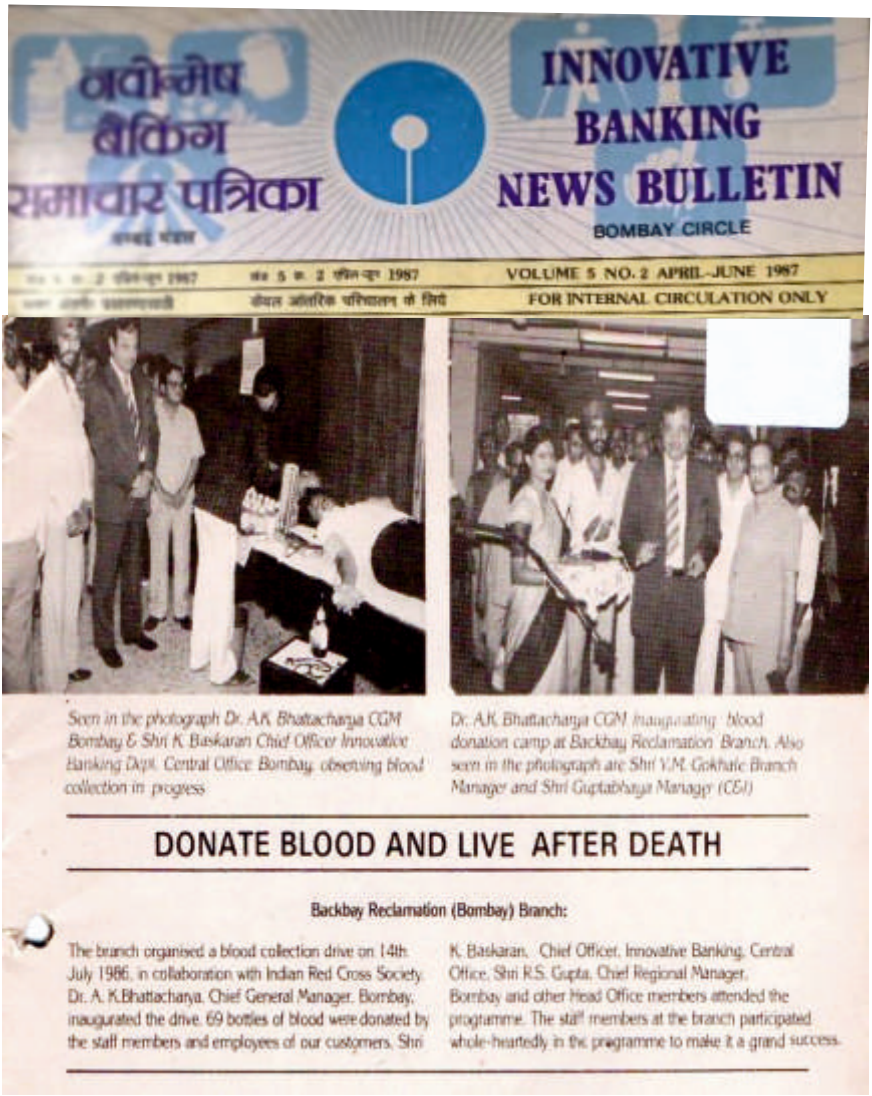
FREE NOTE BOOKS DISTIBUTED TO CHILDRENS IN RURAL AREAS AT KALAMBOLI THROUGH STATE BANK

SHRI V. M. GOKHALE, BM, BACKBAY RECL. BRANCH
DONATION OF BOOKS IN REMOTE SCHOOL (1987)

Shri R. S. Gupta, RM during Blood Donation at Backbay Recl. Br in 1985

Shri Ravindra Pandey, DMD & CIO, GITC, Belapur during Donation

APRIL – JUNE 1987
(INNOVATIVE BANKING NEWS)



नवोन्मेष बैंकिंग समाचार पत्रिका

INNOVATIVE BANKING NEWS BULLETIN

BOMBAY CIRCLE

VOLUME 5 NO. 2 APRIL–JUNE 1987

केवल आंतरिक परिचालन के लिये

FOR INTERNAL CIRCULATION ONLY

Seen in the photograph Dr. A.K. Bhattacharya CGM Bombay & Shri K. Baskaran Chief Officer Innovative Banking Dept. Central Office Bombay, observing blood collection in progress

Dr. A.K. Bhattacharya CGM inaugurating blood donation camp at Backbay Reclamation Branch. Also seen in the photograph are Shri V.M. Gokhale Branch Manager and Shri Guptabhaya Manager (CSI)

DONATE BLOOD AND LIVE AFTER DEATH

Backbay Reclamation (Bombay) Branch:

The branch organised a blood collection drive on 14th July 1986, in collaboration with Indian Red Cross Society. Dr. A. K.Bhattacharya, Chief General Manager, Bombay, inaugurated the drive. 69 bottles of blood were donated by the staff members and employees of our customers. Shri K. Baskaran, Chief Officer, Innovative Banking, Central Office, Shri R.S. Gupta, Chief Regional Manager, Bombay and other Head Office members attended the programme. The staff members at the branch participated whole-heartedly in the programme to make it a grand success.

JULY – SEPTEMBER 1986
(INNOVATIVE BANKING NEWS)

Nanded Branch: Dr. B.S. Kohli, Joint Secretary of BhaiGanaya, Volunteers Association (Regd), a staff member of our Backbay Reclamation Branch, organised a 'First Aid & Medical Camp, at Nanded during the auspicious occasion of 'HOLI MELA' from 24.3.1987 to 26.3.1987, with the help of our staff members at the Nanded Branch. About 4000 patients were treated at the camp. The members of the Association expressed gratitude at the gesture of Nanded Branch in sparing the premises for the camp.

A medical camp in progress

JANUARY – MARCH 1988 (COMMUNITY SERVICE BANKING NEWS)

BACKBAY RECLAMATION BRANCH

The branch organised a blood donation camp on 28th January at the branch. The camp was inauguarated by Shri L.A.D. Fernandes, General Manager(Operations) Bombay and shri D.M. Mathur, Dy. General Manager, Innovative Banking, Central Office, graced the fune-tion. About 24 bottles of blood was collected in the camp.

Shri B.L. Bansal, General Manager (Planning), handing over toys to the students.

JULY – SEPTEMBER 1988 (COMMUNITY SERVICE BANKING NEWS)

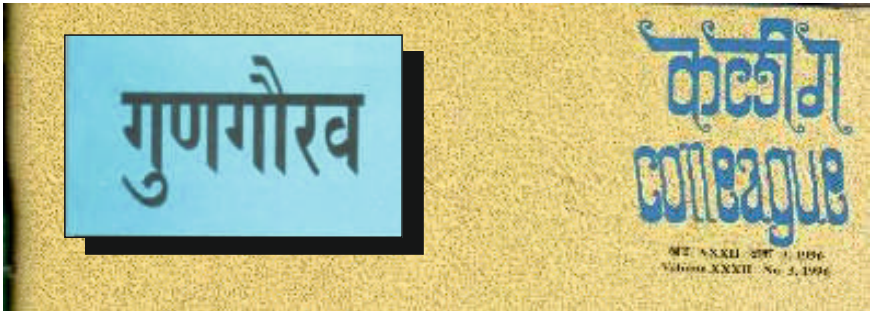
BACKBAY RECLAMATION BRANCH

The staff members of our Backbay Reclamation branch visited. S.E.S. Primary and Secondary school at village Kalamboli and from the voluntary contributions of the staffmembers distributed note books to 475 poor children of the school. On this occasion a First Aid' box was also handed over to the school authorities.

Shri R.D. Chhabria, Branch Manager of our Konkan Bhavan Branch Presenting First Aid Box to the Principal of the School.

Shri V. M. Gokhale, Branch Manager Handing over the exercise books to the student. Shri Kohli, enthusiastic member of the staff extending helping hand.

COLLEAGUE 1999



आज के व्यावसायिक युग में जहां हर काम की अपेक्षा, सम्मान की आकांक्षा, पद की लालसा से या व्यक्तिगत स्वार्थपूर्ति के लिए ही किया जाता है, वहां निस्वार्थ भाव से समाज की सेवा करने का संकल्प लेकर चलना निश्चित ही एक उल्लेखनीय बात होगी. बैंक की सेवा में रहते हुए पूरी निष्ठा और स्वेच्छा से समाज की सांस्कृतिक, धार्मिक तथा अन्य आपातकालिक गतिविधियों से लगातार जुड़े रहना तथा इन गतिविधियों को कुशल नेतृत्व और दिशा प्रदान करना एक काल्पनिक घटना की तरह लगती है लेकिन इसी काल्पनिक घटना को साकार किया है हमारे बैंक के [illegible] कार्यालय के अन्तरराष्ट्रीय प्रभाग में [illegible] सहकर्मी **श्री वी. एस. कोहली** ने. जो सफल [illegible] बैंककर्मी तो हैं ही साथ ही संगीत के [illegible] प्रथमोपचार के विधिवत प्रशिक्षक तथा आपातक[illegible] ट्रेफिक व्यवस्था के प्रशिक्षित सहयोगी हैं. आप [illegible] शहर की लगभग डेढ़दर्जन सामाजिक, सांस्[illegible] तथा धार्मिक संस्थाओं से सक्रिय रूप से [illegible] आपके नेतृत्व में 30 से अधिक रक्तदान [illegible] का आयोजन हुआ है साथ ही आप लोगों के [illegible] बची हुई दवाओं को एकत्र कर एक "[illegible] मेडिकल बैंक" का संचालन भी करते हैं. श्री [illegible] ने अपने व्यक्तिगत प्रयासों से बैंक में कार्यरत [illegible] बैंक के बाहर के इच्छुक रक्तदाताओं की [illegible] वर्गीकृत रक्तसमूह' की कम्प्यूटरीकृत सूची [illegible] की है जिसमें 3000 से अधिक रक्तदाताओं के [illegible] सहित नाम सम्मिलित हैं. विभिन्न त्यौहारों पर [illegible] की ट्रेफिक व्यवस्था में पुलिस को सहयोग [illegible] लिए आपको ट्रेफिक पुलिस मुंबई की ओर से [illegible] सम्मान दिया गया है.

COLLEAGUE (SEPTEMBER 2004)

A good samaritan, Shri Bhupinder Singh Kohli, Sr. Asst., Estate Dept., CBD Belapur undertakes various social activities like organising medical camps at old age homes, orphanages, leprosy homes and remote rural areas. He also uses his personal car as ambulance to ferry patients to hospitals.

ELEPHANTA (JANUARY – MARCH 2005)

Meet our employee, philanthropist and dogged social worker Bhupinder Singh Kohli of CBD, Belapur, who has not only compiled a computerised listing of blood donors, but has also turned his own private car into a mini ambulance service

Working for the poor, the downtrodden, the needy and the helpless is more than just a hobby for Bhupinder Singh Kohli from Nerul. It is a daily ritual. Apart from his busy schedule as an employee of the State Bank of India at CBD Belapur and in between taking care of his parents, particularly his 92-year-old bedridden father, Kohli is immersed in social work and constantly attempts to find solutions to the problems of the helpless in his own unique ways. Kohli's latest idea has been to convert his own Santro car to a vehicle for people in distress.

Explains Kohli, "Four months back, I happened to see an accident near Uran Phata at around 7 pm. The victim was fatally wounded but he could reach the hospital only after precious time had lapsed, for want of timely ambulance services. This incident made me think of alternative sources to help people in distress. And that very night, I realised that I had one of these sources with me. I could help with my new car which I'd been using sparingly I decided to use the car in emergencies for shifting patients from or to hospitals, free of cost." The very next day, Kohli sprung into action and inscribed 'Free hospital service within Navi Mumbai during the night' on his car. During the next three months, he helped seven patients to reach the hospital during medical emergencies.

As appreciation for his dedication, the Vashi Gurdwara presented Kohli with a second hand ambulance. Says Kohli, "the ambulance has been given to the Guru Gobind Singh Study Circle's Bhai Kanhaiya Seva International, Maharshtra unit, which provides medical and para medical services. Though my car would serve the purpose of dropping patient to the hospital, proper medical equipment is not available inside the car. Now, with the ambulance service available, I'm sure more lives will be saved. This ambulance service too comes at no cost," he reveals...

This devout Sikh has done seven first aid courses in various hospitals across Mumbai and Navi Mumbai. Says Kohli, "When I was studying, I happened to see many rich patients dumping expensive medicines, which were not past their expiry date, after they recovered from their illness. These medicines would otherwise have served poor patients." From then on, Kohli started collecting unused and un-expired medicines as well as free samples given by doctors. The medicines collected thus were sent to charitable dispensaries. Kohli also collected used equipment like walking sticks, saline stands and oxygen cylinders, among others, sterilised them, and gave them to poor patients. He also collects old and usable clothes, utensils, reading materials and toys for needy people in villages.

The jewel in the crown of Kohli's social work is his mammoth compilation of a computerised Blood Group Directory which has a list of around 4,800 donors' names and addresses, collected individually. This social worker, who is responsible for organising many medical camps, is also a member of the Civil Defence, Red Cross Society and Traffic Wardens. He is also a volunteer of V-care, working for cancer patients.

Says Kohli's friend Hanleep Singh, "For the last 20 years, he has been meeting all the expenditure of his social activities from his own income. The Santro manufacturers should be proud of Kohli for using their product for a noble service.

एलिफंटा

VAISHVIK (SEPTEMBER 2009)

हमें आप पर गर्व है
नवी मुंबई की मोबाइल 'हेल्पलाइन' !
फ्री एम्ब्युलेंस सर्विस तथा चिकित्सा संबंधी सहायता प्रदान करने का भूपिंदर सिंह कोहली का यशस्वी प्रयास

भूपिंदर सिंह कोहली, वरिष्ठ सहायक, अंतर कार्यालय लेखा विभाग में कार्यरत कोई सर्वसामान्य नहीं बल्कि असामान्य व्यक्ति है.

भूपिंदर सिंह कोहली का परिचय नवी मुंबई के बहुतांश लोगों को है एवं उनका मोबाईल नंबर भी सभी को पता है. भूपिंदर सिंह कोहली नवी मुंबई की 'हेल्पलाइन' है.

प्रबल इच्छाशक्ति से समाजसेवा करने वाले भूपिंदर सिंह कोहली ने समाज के उत्थान हेतु बहुत सारे उपक्रम शुरू किए हैं जैसे कि रुग्ण व्यक्तियों के लिए फ्री एम्ब्युलेंस सर्विस चलाना , वृद्धाश्रमों के लिए मुफ्त में दवाईयाँ देना, दुर्गम स्थलों में वैद्यकीय शिबिरों का आयोजन करना, स्पेस्टिक सोसायटी ऑफ इंडिया के विकलांग बच्चों को मैरेथान स्पर्धा में भाग लेने हेतु तैयार करना, वृद्धाश्रमों में " वैलेन्टाइन डे " मनाना, अनाथाश्रमों में त्यौहार मनाना , रुग्णों के लिए वेहपैन, वॉकर, कपडे, सलाईन स्टैण्ड, ऑक्सिजन सिलिंडर आदि की मदद करना शामिल है. विशेषत: यह सभी कार्य करते हुए उन्होंने अपनी बैंक की नौकरी पर बिल्कुल असर नहीं पड़ने दिया.

रुग्णों को बढ़िया और अच्छी सेवा देने के लिए कोहली ने फर्स्ट एड के अलग-अलग कोर्स किए हैं. साथ ही साथ अनाथ बच्चों तथा वृद्धाश्रम के वृद्धों में आत्मीयता तथा पारिवारिक भावना उत्पन्न कराने के उद्देश्य से प्रति माह वृद्धाश्रम में अनाथ बच्चों द्वारा भजन के कार्यक्रम का आयोजन करके श्री कोहली ने न केवल समाज के प्रति अपने दायित्व का निर्वाह किया अपितु अनाथ बच्चों में भी राष्ट्र एवं समाज के प्रति उनकी जिम्मेदारी के एहसास का सृजन किया है.

'हेल्पलाइन' से पहचाने जानेवाले श्री कोहली के इस सामाजिक कार्यों से हमारे वरिष्ठ कार्यपालक गण, कई संस्थानों तथा सरकार द्वारा सराहना की गई है एवं भविष्य में भी इसी प्रकार प्रयत्नशील रहने के लिए अभिप्रेरित किया है. समाज के प्रति समर्पित भावना और जनकल्याण के लिए किए गए योगदान को भुलाया नहीं जा सकता. श्री कोहली द्वारा किए गए कार्य अत्यंत सराहनीय हैं.अधिक जानकारी के लिए वेबसाइट http://bhai-ghanaiyaji-sewa.page.tl पर तथा मोबाइल नं- 9821421056 पर संपर्क कर सकते हैं.

COLLEAGUE (SEPTEMBER 2013)

कलीग colleague
Vol. XXXXIX No.2 | September, 2013

Inspiration

State Bank of India

Shri Bhupinder Singh Kohli

Infusing Life with Meaning

At a time when our society is becoming increasingly materialistic and personal ambitions leave little time for self, leave alone others, Shri Bhupinder Singh Kohli, a fellow State banker, seems to have dedicated his entire life to the society. His body of social work is so huge that it's difficult to believe it proceeded in tandem with his duties in Bank. It's only recently that he decided to leave the Bank and focus his undivided attention on the poor and needy in the society. Drawing inspiration from his mother (who even at this old age is engaged in social work), Shri Kohli's areas of philanthropic work range from providing 'Free Hospital Service within Navi Mumbai during the night' in his personal car (which bears this caption) to procuring unused, unexpired medicines / samples from people / doctors and providing them to charitable dispensaries; from collecting used equipment's like walking sticks, saline stands, oxygen cylinders et al (and distributing after sterilizing them, among poor patients) to organizing medical camps and compiling a computerized directory of over 4800 blood donors; from distributing old and usable clothes, utensils, reading material and toys among indigent villagers to organizing kirtans and langars for the inmates of spastic society and old Age Homes.

Shri Kohli in Uttarakhand

He has always been in the forefront to help the hapless victims of terrorist attacks or natural calamities, be it 7/11 Mumbai Train Blasts / 26/11 Mumbai terrorist attack or Earthquake (Gujarat, 2000), Tsunami (Jan 2005) and floods (Mumbai, 2005 and Surat, 2006). The latest in his laudable social work has been the relief and rehabilitation work that he undertook for the flood victims of Uttarkhand, putting his life to considerable risk.

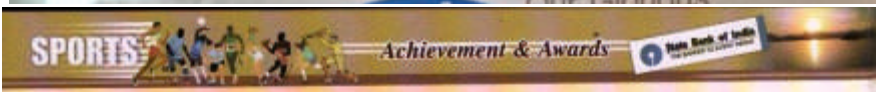
The Chosen Path

It's hearting to learn that his inspirational work has not gone unnoticed and has been recognized with respect both within the country and abroad. Besides being honoured by the Mumbai Police, Thane Medical College, Rotary and Lion clubs, he also received Parmanand Award, 2011 and Karam Veer Puruskar, 2012. Last year, he was nominated for The Sikh Award at London for his seva and this year he was invited to Dubai to address and motivate the young social workers.

Mr. Kohli has taken the spirit of social service to new heights and has shown us the way to infusing life with meaning.

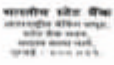
Shri B.S.kohli receiving the Sikh Award in London for his outstanding service to humanity

COLLEAGUE (DECEMBER 2014)



श्री भूपिन्दर सिंह कोहली, जो कुछ समय पूर्व बैंक से सेवानिवृत्त हुए हैं, को पिछले दिनों पजाब में प्रतिष्ठित सिख अवार्ड, 'भाई घनैया अवार्ड -2014' से सम्मानित किया गया. यह सम्मान उन्हें समाज की नि:स्वार्थ सेवा करने के लिए मिला हैं. ज्ञातव्य है कि 2013 की उत्तराखंड त्रासदी और हाल ही में जम्मू - काश्मीर की बाढ में विस्थापित पीड़ितों को खाद्य-सामग्री और वस्त्र आदि के ज़रिए श्री कोहली ने ज़ोखिम उठाकर मदद प्रदान की थी.

BHARATI RAO



Dear Kohli,

February 6, 2006

Read your article published in the DNA Navi Mumbai News Paper and was impressed by it. Keep up the good Work!. It makes me proud and feel good that a person like you is known to me. SBI is also proud of having an employee like in you in their organisation. All the best.

Yours faithfully,

(Bharati Rao)

भारतीय स्टेट बैंक/बेंक

STATE BANK OF INDIA

D.O. INSB/7

January 18, 1988.

Dear Dr. Kohli,

MARATHON RACE OF ADIVASI SPORTSMEN
ON 17th JANUARY 1988, ORGANISED BY
THE BHARATIYA VANVASI KALYAN ASHRAM

I take this opportunity to express my sincere thanks to you for your valuable services rendered to the adivasi sportsmen on Sunday, the 17th January 1988, during the marathon Race which was flagged off at Gateway of India and finished at Borivali, organised by the Bharatiya Vanvasi Kalyan Ashram and assisted by the Bank.

I once again thank you and wish that you will continue to respond to such social causes as and when required.

With warm regards,

Yours sincerely,

(C.P. PAREEK)

Dr. Kohli,
State Bank of India,
Railway Reclamation Branch,
BOMBAY.

స్టేట్ బ్యాంక్ స్టాఫ్ కాలేజ్
స్టేట్ బ్యాంక్ స్టాఫ్ కాలేజ్
STATE BANK STAFF COLLEGE

6-3-1188,"హైక్లిఫ్", బేగంపేట్ రోడ్,
హైదరాబాద్ - 500 016.

6-3-1188 "High Cliff", Begumpet Road,
Hyderabad - 500 016.

✆ : (Off.) : 040-23423600 / 23423631, Fax : 040-23403075, 23403772, E-mail : commcentre.sbsc@sbi.co.in

SBSC/DGM-Cr&IB/RKK/
20.07.2015

TO WHOMSOEVER IT MAY CONCERN

This is to certify that Mr. Bhupinder Singh Kohli, has delivered lecture on "Beyond Everyday Life" at State Bank Staff College, on 20.07.2015. His lecture based on his inspirational and thrilling experiences during the Social work were impressive and quite motivating. Many of our staff members were inspired by his zeal to give back to the Society.

We wish him all the success in his endeavours of serving the Society.

GENERAL MANAGER & PRINCIPAL

भारतीय स्टेट बैंक
State Bank of India

उप महाप्रबंधक (व्यवसाय एवं परिचालन) कार्यालय,
प्रशासनिक कार्यालय, महात्मा गांधी मार्ग, कानपुर - 208 001
Dy. General Manager (B&O)'s Secft.,
Administrative Office, M.G. Marg, Kanpur – 208 001

Tel. (O) – 0512- 2306820 / 2333657
Fax – 0512-2306143

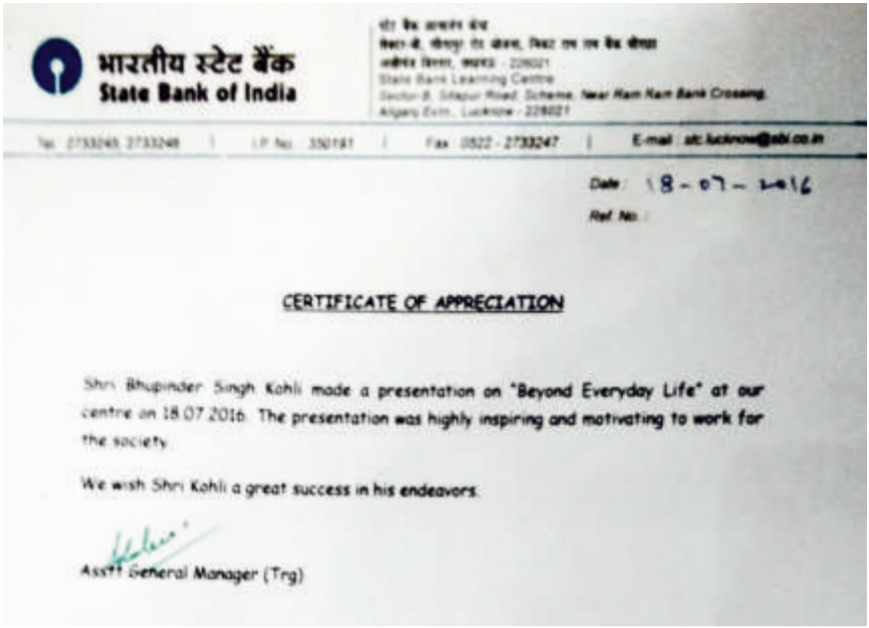
दिनांक/Date: 15th July, 2016

CERTIFICATE OF APPRECIATION

Shri Bhupinder Singh Kohli has made a presentation on "SOCIAL ETHICS & SOCIAL AWARENESS" at State Bank of India, Administrative Office, Kanpur on 15.07.2016. The presentation was very inspirational, motivational & enriching experience. The efforts being made by Shri Kohli for spreading awareness about our social responsibilities are indeed commendable and will go a long way in inspiring all the participants.

We wish Shri Kohli all the success in **his endeavours.**

CHIEF MANAGER (HR)



भारतीय स्टेट बैंक
State Bank of India

स्टेट बैंक लर्निंग सेंटर
State Bank Learning Centre
Sector-B, Sitapur Road Scheme, Near Ram Ram Bank Crossing,
Aliganj Extn., Lucknow - 226021

Tel: 2733245, 2733248 | I.P. No. 350181 | Fax: 0522 - 2733247 | E-mail: stc.lucknow@sbi.co.in

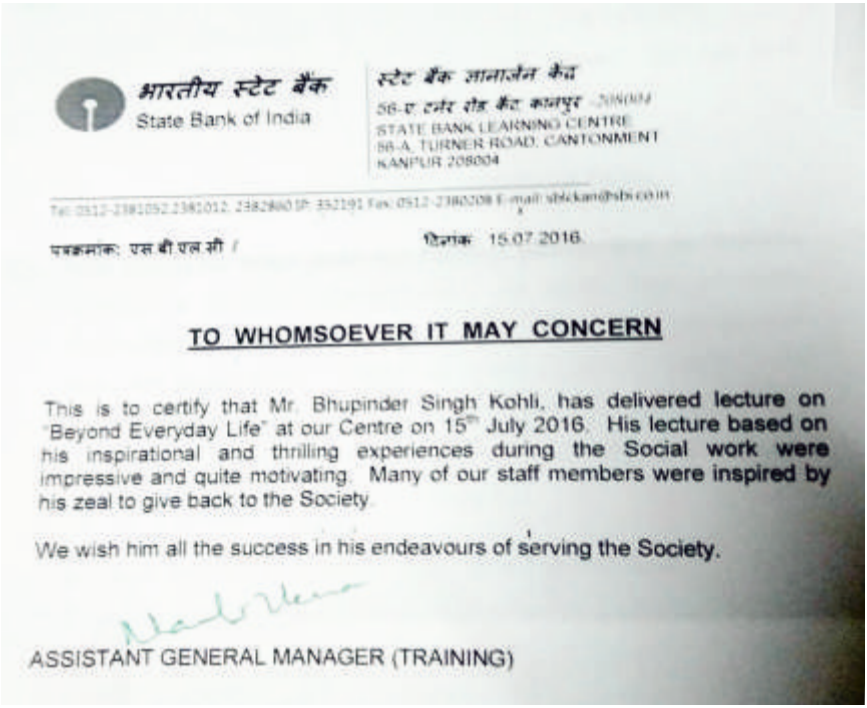
Date: 18-07-2016
Ref. No.:

CERTIFICATE OF APPRECIATION

Shri Bhupinder Singh Kohli made a presentation on "Beyond Everyday Life" at our centre on 18.07.2016. The presentation was highly inspiring and motivating to work for the society.

We wish Shri Kohli a great success in his endeavors.

Asstt General Manager (Trg)



भारतीय स्टेट बैंक
State Bank of India

स्टेट बैंक लर्निंग सेंटर
56-ए टर्नर रोड कैंट कानपुर 208004
STATE BANK LEARNING CENTRE
56-A, TURNER ROAD, CANTONMENT
KANPUR 208004

Tel: 0512-2381092,2381012, 2382860 IP: 352191 Fax: 0512-2380208 E-mail: sbikan@sbi.co.in

पत्रकमांक: एस बी एल सी /

दिनांक 15.07.2016

TO WHOMSOEVER IT MAY CONCERN

This is to certify that Mr. Bhupinder Singh Kohli, has delivered lecture on "Beyond Everyday Life" at our Centre on 15th July 2016. His lecture based on his inspirational and thrilling experiences during the Social work were impressive and quite motivating. Many of our staff members were inspired by his zeal to give back to the Society.

We wish him all the success in his endeavours of serving the Society.

ASSISTANT GENERAL MANAGER (TRAINING)

ભારતીય સ્ટેટ બેંક
भारतीय स्टेट बैंक
State Bank Of India

સ્ટેટ બેંક જ્ઞાનાર્જન કેન્દ્ર, ૬૫-એ, શ્રીનગર સોસાયટી,
બી.પી.સી. રોડ, અકોટા, વડોદરા-૩૯૦ ૦૨૦. (ગુજરાત)
स्टेट बैंक ज्ञानार्जन केंद्र, 65-अ, श्रीनगर सोसायटी,
बी.पी.सी. रोड, अकोटा, वडोदरा-390 020. (गुजरात)
State Bank Learning Centre, 65-A, Shreenagar Society, B.P.C. Road, Akota, Vadodara-390 020. (Gujarat)
An ISO 9001 : 2008 Certified Learning Centre

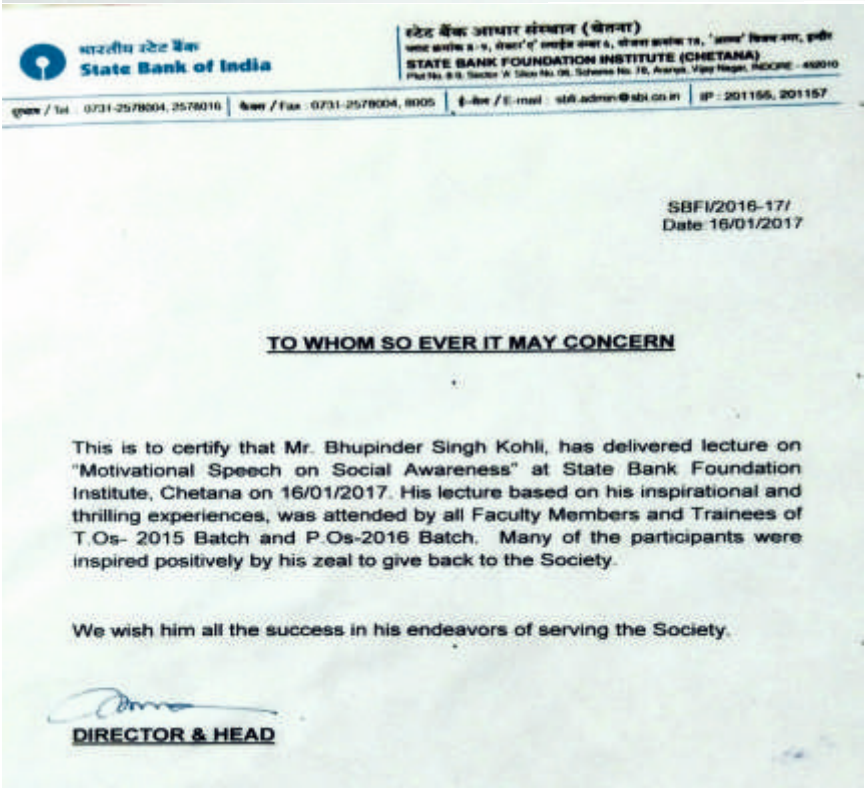
Tele : (0265) 2339501 **Fax :** (0265) 2323019 **E-mail :** stc.bar@sbi.co.in **EPABX :** 2321338

DATE: 07.11.2016

CERTIFICATE

Shri Bhupinder Singh Kohli, an enthusiastic social worker and a motivational speaker, has delivered a valuable lecture to our participants and faculty on 7th November 2016, at State Bank Learning Centre, Vadodara. Our participants and faculty were highly inspired by Shri Kohli's lecture.

ASSISTANT GENERAL MANAGER (SBLC)



भारतीय स्टेट बैंक
State Bank of India

स्टेट बैंक आधार संस्थान (चेतना)
STATE BANK FOUNDATION INSTITUTE (CHETANA)

दूरभाष / Tel : 0731-2578004, 2578016 | फैक्स / Fax : 0731-2578004, 8005 | ई-मेल / E-mail : sbfi.admin@sbi.co.in | IP : 201155, 201157

SBFI/2016-17/
Date 16/01/2017

TO WHOM SO EVER IT MAY CONCERN

This is to certify that Mr. Bhupinder Singh Kohli, has delivered lecture on "Motivational Speech on Social Awareness" at State Bank Foundation Institute, Chetana on 16/01/2017. His lecture based on his inspirational and thrilling experiences, was attended by all Faculty Members and Trainees of T.Os- 2015 Batch and P.Os-2016 Batch. Many of the participants were inspired positively by his zeal to give back to the Society.

We wish him all the success in his endeavors of serving the Society.

DIRECTOR & HEAD

भारतीय स्टेट बँक
भारतीय स्टेट बैंक
State Bank of India

स्टेट बैंक ज्ञानार्जन केंद्र एन-7 (दक्षिण), सिडको,
जलगांव रोड, औरंगाबाद, महाराष्ट्र पिन कोड क्र. - 431 003.
स्टेट बैंक ज्ञानार्जन केंद्र एन-7 (दक्षिण), सिडको,
जलगांव रोड, औरंगाबाद, महाराष्ट्र पिन कोड क्र. - 431 003.
State Bank Learning Centre, N-7 (South), CIDCO
Jalgaon Road, Aurangabad (Maharashtra) - 431 003.

Tel.(D): 0240-2483979 | EPABX : 0240-2485915 | Fax No.: 0240-2483305 | I.P. No.: 107191 | E-mail : sblc.aurangabad@sbi.co.in

Date

Ref No.

SBLC/AUR/265 3rd January 2016

TO WHOMSOEVER IT MAY CONCERN

This is to certify that Mr.Bhupinder Singh Kohli, has made a presentation on "Social Ethics & Social Awareness" & "Talk based on Everyday & Beyond" at State Bank Learning Centre, Aurangabad on 2nd January 2017. This talk with audio & video presentation was made in presence of New Junior Associates Batch, Speech & Hearing Impaired Batch & all faculty members of SBLC Aurangabad.

Social workers are on call 24 hours a day the year round. They are expected to settle domestic disputes, feed and clothe the poor, find lodging for the homeless & protect children from violence and abuse & so on this list will not end. Mr.Bhupinder Singh Kohli is performing this type of help to the community for last 35 years. His presentation was based on his inspirational and thrilling experiences carried out during last 35 years of his Social work. The efforts being made by Mr.Bhupinder Singh Kohli for spreading awareness about our social responsibilities are indeed commendable and will go long way in inspiring all the participants.

Mr.Bhupinder Singh Kohli is skilled, trained professional who believe in the worth and dignity of the people they work with, and we owe him a debt of gratitude. Mr.Bhupinder Singh Kohli you deserve high praise for the way you handled yourself in this work. We wish Mr.Bhupinder Singh Kohli all the success in his endeavours of serving society.

Assistant General Manager (Training)

भारतीय स्टेट बैंक
State Bank of India

स्टेट बैंक ज्ञानार्जन केन्द्र,
13, मानिकबाग, इन्दौर - 452 014
State Bank Learning Centre,
13, Manikbagh Road, Indore - 452 014

दूरभाष / Tel. : 0731-2390300, 01 | फैक्स / Fax : 0731-2390306 | ई-मेल / E-mail : agmstc.indore@sbi.co.in

LETTER OF APPRECIATION

Mr. Bhupinder Singh Kohli, has delivered lecture on " Motivational Speech on Social Awareness" at State Bank Learning Centre , Indore on 23.03.2017. His lecture based on his inspirational and thrilling experiences, was attended by all Faculty Members, and Participants of 'Newly Recruited Junior Associates 2016 Batch' along with participants of Programs on 'Customer Orientation' and 'Anytime Channel & Payment Systems'. The participants were well inspired by his zeal to serve the society at large.

We wish him all the success in his endeavors of serving the Society.

Asstt General Manager

ಭಾರತೀಯ ಸ್ಟೇಟ್ ಬ್ಯಾಂಕ್
ಸಿಬ್ಬಂದಿ ಕಲಿಕಾ ಕೇಂದ್ರ
ಬೆಂಗಳೂರು - 560 004.

भारतीय स्टेट बैंक
कर्मचारी प्रशिक्षण केंद्र
बेंगलूरु - 560 004

STATE BANK OF INDIA
STAFF LEARNING CENTRE
6, Pampamahakavi Road
Basavanagudi
Bangalore - 560 004.

PHONE : 25943176, Fax : 25943177 e-Mail : agm.stcban@sbi.co.in.

ಸಂ/ಜ/No. No. SBLC/2017-18/79 ದಿನಾಂಕ/दिनांक/Dated 04.09.2017

TO WHOMSOEVER IT MAY CONCERN

This is to certify that Shri Bhupinder Singh Kohli, has delivered lecture on **"Social Ethics & Social Awareness"** and **"The Everyday and Beyond"** at State Bank Learning Centre, Bengaluru on 04.09.2017.

2. Shri Bhupinder Singh Kohli's lecture was based on his inspirational and thrilling experiences while he was associated during the Social work. The session was impressive and quite motivating. The efforts made by him for spreading awareness about social responsibilities are commendable. The participants and the staff members were inspired by his zeal and commitment to give back to the Society.

3. We wish him all success in his endeavors of serving the Society.

Assistant General Manager (Training)
(G. K. Manohara)

S.B.L.C.

Pure Banking. Nothing else

SBI

भारतीय स्टेट बैंक
印度國家銀行
State Bank of India

06.08.2018

Dear Mr. Bhupinder Singh Kohli,

Please accept our appreciation for taking out the time to conduct the session "Beyond Everyday life" on the benefits of Social work and its impact on our personality. It was a fruitful session and gave us some amazing insights into the topic which will go a long way in enhancing our personality.

I wish you all the best and hope you continue the series.

Sincerely,

Regional Head, East Asia

+852 2597 1205
+852 2970 1172
ro.eastasia@statebank.com
www.sbihongkong.com
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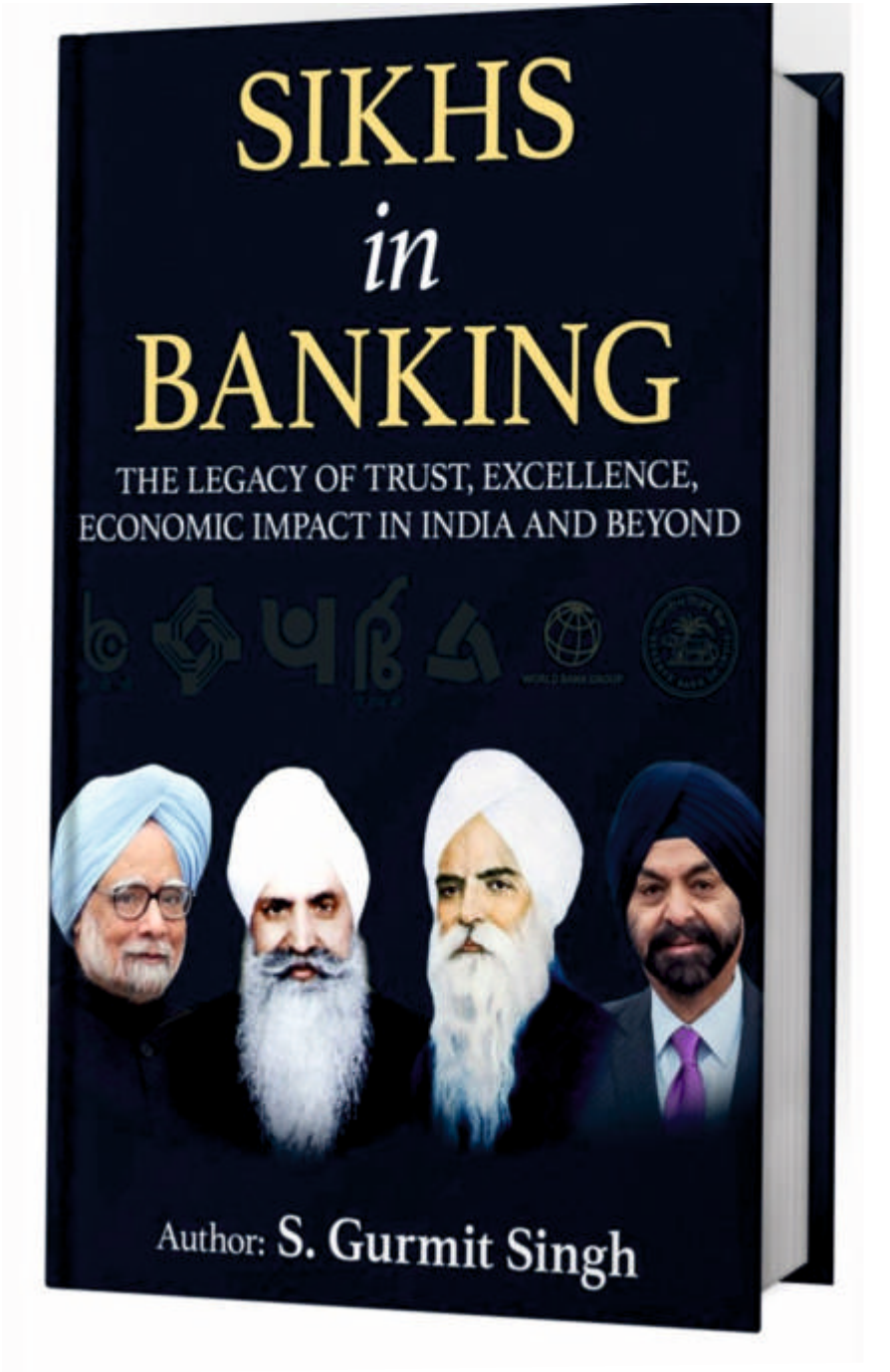
SIKHS
in
BANKING
THE LEGACY OF TRUST, EXCELLENCE,
ECONOMIC IMPACT IN INDIA AND BEYOND
Author: S. Gurmit Singh

An Icon and Role model for the youth

S. Bhupinder Singh Kohli

State Bank of India

If a glorious track-record is anything to go by, Bhupinder Singh is more than a name it is a byword for selfless service to the community. If recognition and rewards that have come his way would serve for testimony, he is already a legend. If it is an appellation that resonates in the prayers of countless tormented souls to whom he rushed succour, he would stand tall even among those whose espousal of the social cause marks them out as very distinguished.

As the adage goes, coming events cast their shadows before. The child born to pious Sikh parents, mother Joginder Kaur and father Jagjit Singh Kohli, on 16th May 1960 and fondly named Bhupinder, inherited love of humanity in his genes. His propensity for charity was all too apparent when, as a growing kid, he would collect usable household items, like old clothes, unexpired medicine, utensils, toys, children's books etc that could be dispensed with, and give them away to the needy. His odyssey into community work, flagged off early on, has continued to this day. It has cut a wide swathe, ranging over service to orphanages, old age homes, handicapped children, underprivileged and disadvantaged sections, not to speak of hospitals and charitable institutions. His services are availed of by NGOs and underprivileged homes which includes Senior Citizens, Orphanages, Blind, Deaf & Mute centres across centres in the country.

Besides, he has undertaken scaled up tree plantation drive, having organized planting of 3491 saplings (708 in 2019, 437 in 2021, 563 in 2022, 807 in 2023 and 976 in 2024) in school/colleges, religious places, hospital & Wellness centres, cemeteries & open space. Further, he motivated school children to take part in tree planting, and awarded 'Tree Certificates' to those who pledged to water the saplings and take care of the plants which he has well documented. His blood donation campaigns are all too well-known and, having compiled a directory of over 4800 donors across blood groups, he is a go-to person in times of medical exigencies. He has pressed into service his time, talent, skills and resources towards social and philanthropic causes. It would bear mention that he has been using his personal car as an ambulance to reach help and hope to the sick and the stranded.

In fact, he is among the first and foremost volunteers to rush to the disaster site with aid and relief. His services during the Bhuj earthquake in 2001 were commended. Ditto for cyclone hitting coastal Tamil Nadu in 2004, unprecedented deluge in suburban Mumbai in

2005, serial blasts in local trains in Mumbai in 2006, terror attack in Mumbai in 2008 (often recalled as 26/11), Uttara Khand flood in 2013, floods in Srinagar in 2014, etc.

He was also invited to conduct workshops and participate in seminars. Invitations have flowed to him not just from geographies across India but also from centres abroad like United Kingdom, Dubai, Hong Kong and Indonesia.

He is an icon and role model for youth, and a beacon of inspiration for all age groups. Amid his hectically busy schedule, he found time to pen articles, chiefly with a view to disseminating awareness about the need for participating in community service and humanitarian work. His writings have been published in Baru Sahib's Eternal Voice magazine, in the Sikh Review of Kolkata, in Aman Shanti, Lucknow, in Missionary Seda, Ropar, in the publications of Pingalwara, Amritsar, besides other newspapers and periodicals. He has authored two books, entitled *'The Everyday and Beyond'* and *'First Aid for the Layman'*, which has merited the attention of the Drexel University College of Nursing and Health Professions, Philadelphia, USA. Besides, they have been commended by Shiromani Gurdwara Prabandhak Committee (SGPC), Amritsar as also Baba Banda Singh Bahadur Engineering College, Fatehgarh Sahib.

Bhupinder Singh's exemplary services have been recognized, and awards and accolades have been bestowed on him by national and international organizations of various religious and sects including Bollywood Stars. Needless to add, honour has been conferred where it is rightfully due and richly deserved.

As a means of livelihood, Bhupinder Singh took up a job with *State Bank of India, since 1980* an organization he served with distinction till his retirement. His humanitarian work whenever undertaken under the aegis of CSB (Community Services Banking), doubtless enhanced the Bank's image, besides earning him kudos. His contributions merited space in the Bank's in house publications. Even post-retirement, he often aligned his work with Corporate Social Banking, and took a pro-active role in promoting the Bank's cause. The bank featured his inspiring journey in two episodes "CITIZEN SBI" & "BADLAAV", showcasing his dedication and achievements. These episodes celebrate his transformation and impact through consistent service to humanity.

The aforesaid summing up is just an attempt to offer glimpses into a life that is many-splendoured, multi-faceted, multi-dimensional, and dedicated to the service of humanity. It would need a bigger canvas, brighter colours and a broader brush to paint a fuller picture of Bhupinder Singh Kohli in that would reflect his personality in all its glory and radiance. He has taken the spirit of Social Service to new heights and has shown us the way of infusing life with meaning. Praying for long life and his soul to be blessed.

Dainik Jagran
Cityplus
Navi Mumbai
Nerul Edition

Bhupinder working tirelessly to spread light of kindness

Bhupinder Singh Kohli is a good Samaritan from Navi Mumbai who has been working tirelessly for the poor, the down-trodden and the needy all over the country. Despite his busy schedule as an employee of State Bank of India at CBD Belapur and in between taking care of his family, social work is an important part of his priorities in life.

Kohli explains, "Way back in 1994, I had gone to Sion Hospital to see some patient. There I saw a seriously injured boy crying helplessly at the hospital gate. He was seeking help, but no one was there to lend him a hand. I immediately got him admitted in the hospital. The next day when I went to see him, he was fine and thanked me profusely. At that very moment I decided to plunge into social service". Apart from small gestures of goodwill which he undertakes on a routine basis, he has helped victims of 7/11 Mumbai train blasts and 26/11 Mumbai terror attack by taking them to hospitals and by organizing blood donation camps. He has also participated in relief efforts during major tragedies like Gujarat Earthquake in 200, Tsunami in January 2005, Mumbai floods in July 2006, Surat floods in August 2006.

About his emergency ambulance service Kohli says, "In 2004, I happened to see an accident near Uran Phata. The victim was fatally wounded but for want of ambulance service, he could be reached to hospital only after precious time had elapsed. This incident made me think of alternative sources to help people in distress. That very night, I realised that I had one of those sources with me. I could help with my new car which I'd been using sparingly. I decided to use it in emergencies for shifting patients from or to hospitals free of cost. The very next day, I got 'free hospital service within Navi Mumbai during night' inscribed on the car and ran on the job".

In the next three months, he helped seven patients reach hospital during medical emergencies. As a token of appreciation for his dedication, Vashi Gurudwara presented him with a used ambulance.

Kohli has taken seven first-aid courses in various hospitals across Mumbai and Navi Mumbai. He started collecting unused and un-expired medicines as well as free samples given by doctors. The medicines thus collected were sent to charitable dispensaries.

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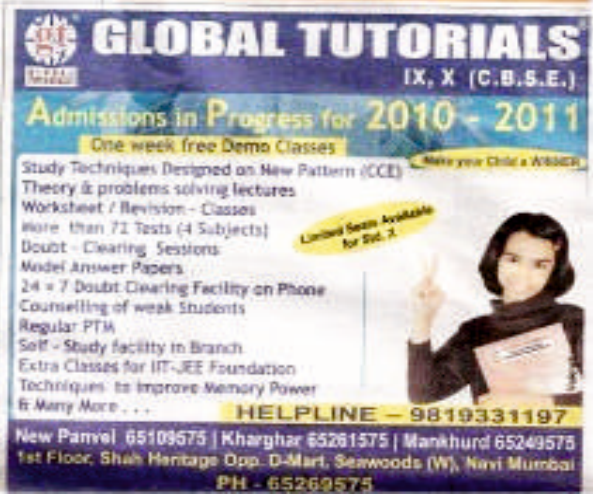
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'Selfless service, the only way to finding true happiness'

Participants at seminar by Soulspace Reader's Club in city on Sunday

OUR STAFF REPORTER
Indore

Emphasising on the importance of service to people for finding happiness, banker in SBI Bhupinder Singh Kohli addressed members of Soulspace Reader's Club at a local auditorium here on Sunday morning.

Talking to a group of enthusiastic people he deliberated on 'Beyond Everyday Life' and being a follower of Sikh philosophies and Guru-panth-da-Sewadar, stressed on the principles of the Gurus.

"People often come up with excuses that stop them from serving people. The only way to finding true happiness is selfless service," he said.

Kohli believed that service is an essential part of survival that heals human soul. "Many people come up and say, what can I do alone? How will my lone effort make a difference? We need to start doing instead of questioning," he said.

Kohli explained that everyone provide free service and time can be easily managed. "We all spend time watching television, using phones and doing host of other things. Therefore, it is not right to say that we cannot spare time to serve people. We can of course utilise our idle time," he said.

LIKE MOTHER LIKE SON

Selfless service runs in the family of Kohli. His mother, an 83-year-old Gandhian' social worker, Joginder Kaur does the tedious work of collecting old and unused clothes, and sorts them according to gender and size wise, and distributes them to the needy. She further collects unused and unexpired medicines, sorts them alphabetically and supplies them to charitable dispensaries. As a true Gandhian at heart and action, she had spun the charkha and donated bundles of thread to the leprosy home as raw material for their khadi attire. Joginder's service to humanity doesn't end here. She has even formed a kirtan sangh, which has mostly senior citizens as members. Kohli has helped victims of 7/11 Mumbai train blasts and 26/11 Mumbai terror attack by taking them to hospital and organising blood donation camps. He has also participated in relief efforts during major tragedies like Gujarat Earthquake 2000, Tsunami in January 2005, Mumbai floods in July 2005, Surat floods in August 2006. Looking at the need of ambulances and lives lost because of delays in 2004, the Good Samaritan decided to use it in emergencies for ferrying patients from or to hospitals free of cost.

Bhupinder Singh Kohli

SBI banker keeps an account of donors

Nerul resident Bhupinder Singh Kohli has maintained a list of 3,800 donors with their entire contact details

Anisha Ashokan. Nerul

Even as people share a passion for stamps or coins or post card collection, there are few like Bhupinder Singh Kohli, a State Bank of India (SBI) employee residing in Nerul who maintain a donors' directory. He has more than 3800 donors' names with their contact numbers and address on his laptop.

A member of Red Cross and other medical Institutions, he gives the printed list of donors to the needy. He has also gone to the extent of uploading the list on the SBI website. He started creating the list, following an accident he saw outside the Sion Hospital, after which the victim's family had to go through lots of difficulties to arrange blood.

What started with book is an excel file today –Hemant, DNA

The list that started in the pages of a book has now taken the form of about 3000 lines in an excel sheet on his laptop, which is his best companion. His directory has not yet reached a larger number of people, as only those who know of his service can reach him. He says, "My list was there with the MGM Hospital at Kamothe, but it hasn't been updated. It is public through the bank website, but otherwise it is not feasible for me to reach everywhere and tell people. I inform those whom I meet, about my activities and others who have used the service also spread the message." A refugee from Pakistan, Kohli had been residing in Sion before shifting to Nerul in 1986. The list earlier included only Navi Mumbai residents, but now also has people from Mumbai.

Kohli has been providing basic medical facilities like oxygen machine, heaters, toilet chairs, walking sticks and crutches, hospital bed to the needy. He says, "Such things are needed temporarily when he or she is ill, and buying them for just a few days can cost a huge sum." For registering in the list or other details Kohli can be contacted on 9821421058.

Noble count

Bhupinder Singh Kohli, a SBI employee and Nerul resident has maintained a list of 3,800 donors

He has also uploaded the list on SBI website

He started creating the list, following an accident he saw outside the Sion Hospital

The list earlier included only city residents, but now also has people from Mumbai

2 INDORE CITY

WHEN A 'GHOST TOWN' CAME ALIVE @ 5PM

CIRCA MARCH 22, 2020, THE PEOPLE OF INDORE GOT AN OPPORTUNITY TO STAY WITH THEIR NEAR AND DEAR ONES THANKS TO THE 'MORATORIUM' ANNOUNCED BY PM MODI. FREE PRESS PHOTOGRAPHERS AND REPORTERS WENT AROUND THE CITY TO CAPTURE ITS MOOD

Digital lessons @91

Quarantine time seemed like a blessed time for many families, which finally took a deep breath and spent time with families. Making the most the day, 91-year-old Joginder Kohli learned to use tablet on the unusual Sunday.

Joginder Kohli, 91-year-old, learned to use tablet

She recited Sahej Path on digital copy of Sri Guru Granth Sahib Ji for her entire family. She is one of those people, who utilised this time by educating themselves.

THE TIMES OF INDIA

SUNDAY TIMES OF INDIA, MUMBAI
JANUARY 4, 2009

THE TIMES OF INDIA, PATNA-RANCHI NATIONAL
MONDAY, JANUARY 5, 2009

Driven by a steely will to reach out to those in distress

Social Work Keeps 49-Year-Old Bank Employee Going

Times Town | ttn

CITY OF ANGELS

The route from Bara Hospital to Kasai is a long one, and a terrible stench was emanating from the body. Kohli, afraid that he would throw up and be unable to drive, asked the victim's aunt to keep sprinkling rose water on it en route.

After the ordeal we reached Kasai, a new problem emerged. The body was on a stretcher and as decomposed that if lifted, the legs would have given way. So, Kohli, who earned the stretcher, let it learn along with the body.

Gary as it all sounds, Kohli says this walk is today's work for him. Senior assistant at an SBI branch in CBD Belapur, driven by a strong ambition, devotes his time to social service whenever he's not working at his office.

Whether it's collecting medicines for charitable dispensaries, medical camps to remote areas, old age homes and leprosy rehabilitation centres, or collecting clothes, utensils, books and toys for the needy in villages or managing portable medical equipment like walkers, bedpans, saline stands and oxygen cylinders for

MAN IN NEED: Bhupinder Singh Kohli does social work for children as well

Bhupinder Singh Kohli's fingers are in many a pie—from getting medicines for charitable dispensaries and medical camps in remote areas to collecting clothes for the needy in villages. But what stands out is his free ambulance service for mishap victims

poor patients—Kohli's fingers are in many a pie. He also does social work for children.

But what stands out is his free ambulance service for accident victims, which began one evening in 2000 when he saw a man hit by a vehicle begging for help near Uran Phata. It was late in the evening, and no one heeded the cries of the victim who was bleeding and in bad shape. Kohli, on his way home then, immediately took him into his car and rushed him to the nearest hospital.

After that, for two years, he used his car to rush accident victims to the nearest hospital, advertising this with a sticker that had his mobile number and the announcement, "Free Hospital Within Here More but During Night", on it.

Subsequently, a well-wisher donated a Maruti van, which he now uses to transport injured victims to hospitals and bodies to their homes or the crematorium. So far, he has helped almost 150 people.

In order to be more effective, Kohli has taken seven first-aid courses in several city hospitals. He's also compiled a database of over 5,000 blood donors. Evidently, he seems to give his seniors all that it takes.

Bhupinder Singh Kohli can be contacted on 9821233168, email: ghoomtaphirkohli@yahoo.com

Banker with a heart of gold and nerves of steel

Bhupinder Singh provides various medical facilities free of cost to the needy, helping thousands of people in the past 25 years

Anisha Ashokan
Nerul

Bhupinder Singh Kohli, an employee of the State Bank of India (SBI) for the last 25 years is a man of substance, involved in various social activities. In spite of his busy schedule he always manages to pull out substantial amount of time to help people and do his part for the society.

Kohli, a resident of Nerul collects old but usable clothes, utensils, reading materials, toys, food materials from many sources for the needy in children's home, leprosy homes and old age homes for last two decades. He is a member of Civil Defence, Indian Red Cross Society, Senior Traffic Wardens, Citizen Welfare Group, Maharashtra Health Organisation and the list is unending.

He also has the basic medical equipments such as oxygen cylinder, heater, toilet chair, infra red light, walking sticks, crutches, hospital bed, back rest, urine pots, wheel chairs, suction machine and ambulance, all costing up to Rs 1 lakhs. All this is provided to the poor and needy free of cost, whenever they require these facilities.

Born to refugees from Pakistan, he was brought up in Sion, Mumbai. His job with SBI took him to the bank's quarters in Nerul in 1996. He stays along with his mother and wife who is a librarian at Indian Navy for past 22 years.

Curriculum vitae

Actively involved in collecting old clothes, utensils, reading materials

Maintains a database of about 3500 blood donors

Provides free ambulance service with oxygen cylinder to the needy

Trained in courses related to basic first aid, nuclear, biological and chemical orientation

A member of organisations such as Civil Defence, Senior Citizens Care, Welfare Association, Indian Red Cross Society etc

He was given a land in Wakdi recently, where he plans to start a home for the mentally challenged girls that would cost up to Rs 12 lakh

Bhupinder Singh Kohli provides free ambulance service to the poor

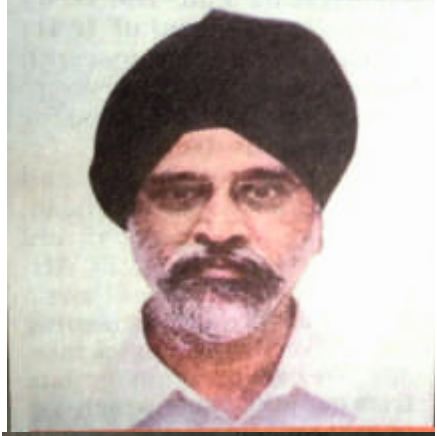
The moment of transformation was way back in 1984, when he was posted by Civil Defence to Sion Hospital. Once coming out from the hospital he noticed a man crying near the gate with a broken jaw. Seeing this,he started shivering and collapsed after handing over the patient to the doctor. He adds, "When I met him a week later I saw blessings in his eyes for me. Then I felt that I should do something for people and accumulate many blessings along the way."

He is an active volunteer in many blood camps organised by Red Cross and many other medical institutions across the city. He carries a list of 3500 donors in Navi Mumbai and Mumbai along with their contact numbers and address on his laptop.

He calls himself a postman who delivers things from here and there. He adds, "I never accept money but I am always open to any thing in kind offered to me."

Kohli was recently given a land in Wakdi which is 7 km away from Panvel on the Panvel-Nera Road. Here he plans to start a home for the mentally challenged girls that would cost up to Rs 12 lakh. He says, "The advantage of this would be that the girls would be safe in a private area and they would have their own freedom." He wants to indulge in as many activities possible for the well-being for mankind and is expecting nothing in return.

THE TIMES OF INDIA
NAVI MUMBAI PLUS
5TH AUGUST, 2004



"A purposeful life can be led only when you spread literacy. Education shows us the way to lead a proper life."

BHUPINDER KOHLI

CAR SEVA

Mitra Muralidharan meets philanthropist Bhupinder Singh Kohli of Nerul, who has not only compiled a computerised listing of blood donors, but has also turned his own private car into a mini ambulance service

WORKING for the poor, the downtrodden, the needy and the helpless is more than just a hobby for Bhupinder Singh Kohli from Nerul. It is a daily ritual. Apart from his busy schedule as an executive of the State Bank of India at CBD Belapur and in between taking care of his parents, particularly his 92-year-old bed-ridden father, Kohli is immersed in social work and constantly attempts to find solutions to the problems of the helpless in his own unique ways. Kohli's latest idea has been to convert his own Santro car to a vehicle for people in distress.

Explains Kohli, "Four months back, I happened to see an accident near Uran Phata at around 7 pm. The victim was fatally wounded but he could reach the hospital only after precious time had lapsed, for want of timely ambulance services. This incident made me think of alternative sources to help people in distress. And that very night, I realised that I had one of these sources with me. I could help with my new car which I'd been using sparingly. I decided to use the car in emergencies for shifting patients from or to hospitals, free of cost." The very next day, Kohli sprung into action and inscribed 'Free hospital service within Navi Mumbai during the night' on his car. During the next three months, he helped seven patients to reach the hospital during medical emergencies.

As appreciation for his dedication, the Vashi Gurdwara presented Kohli with a second hand ambulance. Says Kohli, "The ambulance has been given to the Guru Gobind Singh Study Circle's Bhai Kanhaiya Seva International Maharashtra unit which provides medical and para medical services. Though my car would serve the purpose of dropping patient to the hospital, proper medical equipment is not available inside the car. Now, with the ambulance service available, I'm sure more lives will be saved. This ambulance service too comes at no cost," he reveals.

This devout Sikh has done seven first aid courses in various hospitals across Mumbai and Navi Mumbai. Says Kohli, "When I was studying, I happened to see many rich patients dumping expensive medicines, which were not past their expiry date, after they recovered from their illness. These medicines would otherwise have served poor patients." From them on, Kohli started collecting unused and un-expired medicines as well as free samples given by doctors. The medicines collected thus were sent to charitable dispensaries. Kohli also collected used equipment like walking sticks, saline stands and oxygen cylinders, among others, sterilised them, and gave them to poor patients. He also collects old and usable clothes, utensils, reading materials and toys for needy people in villages.

The jewel in the crown of Kohli's social work is his mammoth compilation of a computerised Blood Group Directory which has a list of around 4,000 donors' names and addresses, collected individually. This social worker who is responsible for organising many medical camps, is also a member of the Civil Defence, Red Cross Society and Traffic Wardens. He is also a volunteer of 'I-care,' working for cancer patients.

Says Kohli's friend Hardeep Singh, "For the last 20 years, he has been meeting all the expenditure of his social activities from his own income. The Santro manufacturers should be proud of Kohli for using their product for a noble service."

Bhupinder Singh Kohli can be contacted on 9821[illegible]

'मानस की जात सबे ऐके पहचानबो' - कोहली

समाज सेवी कोहली ने की खालसा दर्पण से विशेष मुलाकात कहा-

मानव सेवा ही प्रभु की सच्ची इबादत है

इंदौर (रतनजीतसिंह शेरी)। सिख धर्म में सेवा को अधिक महत्व दिया जाता है। अत: सेवा के भाव से मानवता की सेवा प्रेम और सच्चे मन से की जा सकती है। जिसमे किसी भी प्रकार का जाति- धर्म या उच-नीच का भेद नहीं देखा जाता हैं, सभी मानव में प्रभु निवास करते हैं, जिससे प्रभु की इबादत व सेवा की जाए वही मानव सेवा का हिस्सा है इस सेवा से ही प्रभु को पाने का सरल मार्ग है।

यह विचार है, मुंबई से विशेष रूप से इंदौर आए समाज सेवी स.भूपेंद्र सिंह कोहली के जो इंदौर प्रवास के दौरान खालसा दर्पण के साथ एक विशेष बातचीत में कहे। उनका मानना है कि मानवता के प्रति यदि हर व्यक्ति ईमानदारी से रोजाना एक पीड़ित मानव से उसका केवल हाल-चाल ही पूछ ले, तो दुनिया का आधा दुःख हम वैसे ही दूर कर सकते है।

दिल्ली की एक संस्था द्वारा विश्व के पांच सौ सिख शख्सियतो की एक डायरेक्टरी तैयार की गई है, जिसमे स.भूपेंद्र सिंह कोहली का नाम शामिल है, वही इस विश्वस्तर की डायरेक्टरी

स. भूपेन्द्र सिंह कोहली समाजसेवी

में मध्यप्रदेश से चार लोगो के नाम भी डायरेक्टरी में शामिल हुए है। जो भोपाल के डा.संतोख सिंह, स.इंदर सिंह, डा.एच.एस बेदी व स.बलविंदर सिंह का नाम भी शामिल किया है।

इस बातचीत के दौरान गुरुकानी से मानवता की पहचान और अपने विचार साँझा किया।

वार्डन सर्विस, सिविल डिफैंस बटाला व ग्रेटर मुंबई ने 'नागरिक सुरक्षा' पर की चर्चा

बटाला, 18 दिसम्बर (स.ह., योगी, अश्विनी): लोकल वार्डन सर्विस पोस्ट नं. 8 में भूपिंदर सिंह कोहली वार्डन सर्विस नॉर्थ-ग्रेटर मुंबई का बटाला आगमन पर पोस्ट वार्डन हरबख्श सिंह व गुरमुख सिंह, अग्निशमन अधिकारी नीरज शर्मा, मेजर सिंह एवं सी.डी. वालंटियर हरप्रीत सिंह ने गर्मजोशी से स्वागत किया। उन्हें वार्डन सर्विस एवं फायर सर्विस बटालियन द्वारा की जा रही नागरिक सुरक्षा जागरूकता शिविर एवं अन्य सामाजिक सेवाओं के बारे में विस्तार से बताया गया।

भूपिंद्र सिंह ने कहा, कि नागरिक सुरक्षा मुंबई ने गुजरात भूकंप, मुंबई ट्रेन [illegible]

भूपिंदर सिंह कोहली का स्वागत के दौरान पोस्ट वार्डन हरबख्श सिंह व अन्य। (हमदर्द)

और दंगों के दौरान बिना किसी भेदभाव के पीड़ितों को सहायता प्रदान की, जिसका प्रशासन ने समर्थन किया। इस दौरान उन्होंने कई महत्वपूर्ण कोर्स किए जिनमें सी.डी. वार्डन सर्विस, बेसिक कोर्स, फायर सेफ्टी, सीडी परमाणु-जैविक-रासायनिक आपदाओं के मामले में क्या करें और क्या न करें हैं जबकि प्राथमिक उपचार के विषय पर एक किताब भी उन्होंने लिखी है।

अंत में उपस्थित सभी ने संयुक्त रूप से कहा कि युवाओं को सिविल डिफेंस का सदस्य बनना चाहिए और निःस्वार्थ भाव से देश की सेवा करनी चाहिए, ताकि किसी भी आपदा की स्थिति में वे अपना कर्तव्य निभा सकें।

Punjab Kesri

ਅਜੀਤ, ਬਠਿੰਡਾ
ਅਜੀਤ
25-Jan-2018
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ਅਕਾਲ ਯੂਨੀਵਰਸਿਟੀ 'ਚ ਹੋਇਆ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਦਾ ਵਿਸ਼ੇਸ਼ ਭਾਸ਼ਣ

ਤਲਵੰਡੀ ਸਾਬੋ, 24 ਜਨਵਰੀ (ਰਣਜੀਤ ਸਿੰਘ ਰਾਜੂ/ਰਵਜੋਤ ਸਿੰਘ ਰਾਹੀ)- ਅਕਾਲ ਯੂਨੀਵਰਸਿਟੀ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ ਦੇ ਜਿਸ ਮਿਸ਼ਨ ਦੀ ਪਹਿਰੇਦਾਰੀ ਕਰ ਰਹੀ ਹੈ, ਉਸ ਵਿਚ ਵਿਦਿਆਰਥੀਆਂ ਦੇ ਭਵਿੱਖ ਨੂੰ ਧਾਰਮਿਕ ਤੇ ਸਮਾਜਿਕ ਪੱਖੋਂ ਸੁਰੱਖਿਅਤ ਕਰਨਾ ਵੀ ਸ਼ਾਮਿਲ ਹੈ। ਆਪਣੇ ਮਿਸ਼ਨ ਦੀ ਪੂਰਤੀ ਹਿਤ ਇਸ ਵਾਰ ਅਕਾਲ ਯੂਨੀਵਰਸਿਟੀ ਦੇ ਸੈਮੀਨਾਰ ਹਾਲ ਵਿਚ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਦਾ ਇਕ ਵਿਸ਼ੇਸ਼ ਲੈਕਚਰ ਕਰਵਾਇਆ ਗਿਆ। ਪ੍ਰੋਗਰਾਮ ਦੀ ਸ਼ੁਰੂਆਤ ਡੀਨ ਸਟੂਡੈਂਟ ਵੈੱਲਫੇਅਰ ਡਾ. ਸੰਦੀਪ ਸਿੰਘ ਨੇ ਕੋਹਲੀ ਸਾਹਿਬ ਬਾਰੇ ਵਿਦਿਆਰਥੀਆਂ ਨਾਲ ਜਾਣ-ਪਛਾਣ ਕਰਵਾਉਂਦਿਆਂ ਸਵਾਗਤੀ ਸ਼ਬਦਾਂ ਨਾਲ ਕੀਤੀ। ਕੋਹਲੀ ਸਾਹਿਬ ਜਿੱਥੇ ਇਕ ਪਾਸੇ ਭਾਰਤੀ ਸਟੇਟ ਬੈਂਕ ਦੇ ਸੀਨੀਅਰ ਅਫ਼ਸਰ ਹਨ, ਉੱਥੇ ਇਕ ਉੱਘੇ ਸਮਾਜ ਸੇਵੀ ਵੀ ਹਨ। ਉਨ੍ਹਾਂ ਦੇ ਮਾਤਾ ਜੀ ਵੀ ਲੰਮੇ ਸਮੇਂ ਤੋਂ ਗ਼ਰੀਬਾਂ ਦੀ ਦਵਾਈਆਂ ਅਤੇ ਪੁਰਾਣੇ ਕੱਪੜੇ ਦੇ ਸਹਾਇਤਾ ਇਕ ਮਿਸ਼ਨ ਵਾਂਗ ਕਰਦੇ ਰਹੇ ਹਨ। ਕੋਹਲੀ ਸਾਹਿਬ ਨੇ ਆਪਣੇ ਜੀਵਨ ਦੇ ਕਈ ਸ਼ਲਾਘਾਯੋਗ ਤਜਰਬੇ ਸਾਂਝੇ ਕੀਤੇ। ਉਨ੍ਹਾਂ ਨੇ ਗੁਜਰਾਤ ਭੂਚਾਲ ਵੇਲੇ ਅਤੇ 2011 ਦੇ ਮੁੰਬਈ ਰੇਲ ਹਾਦਸੇ ਵਿਚ ਵੱਡੇ ਪੱਧਰ 'ਤੇ ਲੋਕਾਂ ਦੀ ਸਹਾਇਤਾ ਕੀਤੀ। ਉਨ੍ਹਾਂ ਨੇ ਆਪਣੇ ਜੀਵਨ ਦੇ ਨਿੱਜੀ ਤਜਰਬੇ ਗੁਰਬਾਣੀ ਵਿਚਲੀਆਂ ਸਿੱਖਿਆਵਾਂ ਦੇ ਹਵਾਲਿਆਂ ਨਾਲ ਵਿਦਿਆਰਥੀਆਂ ਨਾਲ ਬੜੇ ਰੋਚਕ ਤੇ ਪ੍ਰੇਰਨਾਦਾਇਕ ਢੰਗ ਨਾਲ ਸਾਂਝੇ ਕੀਤੇ। ਪ੍ਰੋਗਰਾਮ ਦੇ ਅੰਤ 'ਚ ਡਾ. ਐੱਮ. ਐੱਸ. ਜੋਹਲ (ਡੀਨ ਅਕਾਦਮਿਕ ਮਾਮਲੇ) ਨੇ ਮੁੱਖ ਮਹਿਮਾਨ ਸਹਿਤ ਸਭ ਦਾ ਧੰਨਵਾਦ ਕੀਤਾ। ਇਸ ਮੌਕੇ ਸਾਰੇ ਵਿਭਾਗਾਂ ਦੇ ਮੁਖੀ, ਪ੍ਰੋਫ਼ੈਸਰ ਸਾਹਿਬਾਨ ਅਤੇ ਵਿਦਿਆਰਥੀ ਹਾਜ਼ਰ ਸਨ।

हिन्दुस्तान

निस्वार्थ सेवा, अच्छे व्यवहार का समझाया तरीका

पूरनपुर | हिन्दुस्तान संवाद

अकाल एकेडमी गोमती पुल और कजरी में कलगीधर एजुकेशन ट्रस्ट और बड़ू साहिब के तत्वावधान में कार्यक्रम आयोजित किया गया। इसमें मुंबई से आए समाजसेवी भूपेंद्र सिंह कोहली ने छात्रों को जीवन आधारित शिक्षा के प्रमुख पहलुओं पर जानकारी दी। छात्रों को निस्वार्थ सेवा करने और अच्छा व्यवहार बनाने का तरीका भी समझाया गया।

उन्होंने अपने निजी जीवन और कई सामाजिक कार्यक्रमों के चलचित्र दिखाकर छात्रों को सही शिक्षा के स्वरूप से भी अवगत कराया। दो दिन के कार्यक्रम में उन्होंने अकाल एकेडमी गोमती पुल और कजरी के शिक्षकों और छात्रों का मार्गदर्शन किया। प्रबंधक बलवीर सिंह के अनुसार भूपेंद्र सिंह कोहली ने समाजसेवा के क्षेत्र में सराहनीय प्रयास किया है। मुंबई आतंकवादी घटनाओं में, गुजरात भूकंप, केरल बाढ़ आदि आपदाओं में भी बहुमूल्य योगदान दिया। कार्यक्रम का संचालन खेल शिक्षक रेहान रजा खां ने किया। इस मौके पर प्रबंधक बलवीर सिंह, प्रधानाचार्य अशोक सिंह गुलेरिया, भूपेंद्र सिंह रंधावा, जगवीर सिंह, सुरेंद्र पाल सिंह, दलजीत, श्याम बिहारी सिंह, अजय दास, निश्चय सिंह सहित स्कूल का समस्त स्टाफ और छात्र मौजूद रहे।

पूरनपुर के अकाल अकेडमी गोमती पुल विद्यालय में मुंबई से आए समाजसेवी ने छात्रों का मार्ग दर्शन किया। • हिन्दुस्तान

विद्यार्थियों को सम्बोधित करते हुए समाजसेवी भूपेंद्र सिंह कोहली (छाया : समालसर)

विद्यार्थियों को मानव जीवन को परोपकार से जीने की प्रेरणा दी

ऐलनाबाद, 22 जनवरी (जगतार समालसर): आज अकाल अकादमी ऐलनाबाद में एक कार्यक्रम का आयोजन किया गया, इसमें समाजसेवी भूपेंद्र सिंह कोहली ने विद्यार्थियों को मानव जीवन को परोपकार से जीने की प्रेरणा दी। कोहली ने मानव धर्म पर अपने विचार व्यक्त किए, दिन-प्रतिदिन समाज में घटते नैतिक मूल्यों पर चिंता व्यक्त की तथा विद्यार्थियों को मानवता के प्रति जागरूक किया। उन्होंने कहा कि चाहे कैसी भी परिस्थिति हो हमें हिम्मत नहीं हारनी चाहिए। जीवन में केवल अपने स्वार्थ की पूर्ति के लिए कर्म नहीं करने चाहिए बल्कि समाज कल्याण के लिए कर्म करने चाहिए। यही सच्ची समाज सेवा है। हमें समाज सेवा संस्थाओं से अवश्य जुड़ना चाहिए ताकि हम वास्तव में जीवन का आनंद ले सके। प्रधानाचार्या जतिंदर कौर ने उनका आभार व्यक्त किया।

अजीत समाचार
उत्तर भारत का सम्पूर्ण अखबार
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http://www.ajitsamachar.com/20200123/25/10/1_1.cms

बठिंडा भास्कर

गुरु नानक देव के सिद्धांतों पर करें अमल : कोहली

रोड़ी. गांव रोड़ी स्थित अकाल अकेडमी में एक कार्यक्रम का आयोजन किया गया जिसमें बड़ू साहिब संस्था से जुड़े बाबा इकबाल सिंह से जुड़े भूपेंद्र सिंह कोहली ने बच्चों को अकाल अकेडमी शिक्षा से संबंधित ज्ञान वर्धक विचारों से जागरूक किया। उन्होंने विद्यार्थियों को अकाल अकेडमी की शिक्षा में जुड़े मूल मंत्र पर विस्तार पूर्वक चर्चा करते हुए जागरूक किया।

मिसाल: बैंक की नौकरी से रिटायर होने के बाद जरूरतमंदों की मदद कर रहे भूपेंद्र सिंह कोहली

मैंने जीवन से जो लिया है, वही तो समाज को लौटा रहा हूं...

बिना किसी भेदभाव के कर रहे जरूरतमंदों की सहायता

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मुंबई. आज भी हमारे समाज में ऐसे शख्स भी हैं, जो मानवता की सेवा में जुटे हैं। मुंबई के सायन में रहने वाले भूपेंद्र सिंह कोहली जो पौधे लगा कर धरती की हरीतिमा बढ़ा रहे हैं। जरूरतमंद छात्रों की फीस जमा कर उनका भविष्य संवारने का प्रयास कर रहे हैं। रिटायरमेंट के बाद रोजाना दो घंटे मरीजों की सेवा करते हैं। इतना ही नहीं उपेक्षित बुजुर्गों की देखभाल भी करते हैं। खास यह कि

अपने नेक काम के लिए वे किसी से पैसे की मदद नहीं लेते। भूपेंद्र कहते हैं, जीवन ने हमें बहुत कुछ दिया, अब हम जीवन को लौटा रहे हैं। हमारे पूज्य गुरु नानक जी शायद चाहते थे कि मैं सेवा का कार्य करूं। इसलिए उन्होंने मेरे मन के भीतर सेवा की अलख जगा दी। 1984 से मैंने रक्तदान की दिशा में कार्य करना शुरू किया। उस समय कंप्यूटर नहीं थे, तब मैंने चार हजार खोतलों का एक ब्लड बैंक तैयार किया था। मैं अनयूज दवाएं जमा कर जरूरतमंदों तक पहुंचाने का काम करता था।

जहां भी गया, जितना बन पड़ा किया।

उन्होंने बताया, मेरा ट्रांसफर होता रहता था, जहां भी गया, जितना बन पड़ा किया। मेरी पत्नी नौसेना में थीं। मैं स्टेट बैंक में था। मेरी आमदनी इतनी थी कि हमें पत्नी की कमाई के पैसे छूने की जरूरत नहीं पड़ी। दो साल पहले वह दुनिया छोड़ गईं। उनके पैसे से उन्हीं के नाम पर बीकेके मेमोरियल फाउंडेशन बनाया।

बिना भेदभाव मदद

सिंह ने बताया, फाउंडेशन के जरिए हम लोगों को आर्थिक सहायता देते हैं। पांच लोगों की एक कमेटी है, जिनमें हिंदू, मुसलमान, सिख, ईसाई शामिल हैं। हम सर्वधर्म समभाव के सिद्धांत पर काम करते हैं। किसे कितनी मदद देनी चाहिए, यह कमेटी मेंबर तय करते हैं। गरीब छात्रों की फीस भरते हैं। बेटियों की शादी में भी मदद करते हैं।

स्कूलों में 700 पौधे लगाए

पर्यावरण के प्रति सजग सिंह ने पिछले महीने मुंबई सहित महाराष्ट्र के विभिन्न स्कूलों में 700 पौधे लगाए हैं। पौधे लगाने के साथ वे यह भी सुनिश्चित करते हैं कि उनकी बराबर देखभाल हो। उन्होंने बताया, मैंने ज्यादातर स्कूल के बच्चों को पेड़ सौंप दिया है, उन बच्चों को एक सर्टिफिकेट भी दिया गया।

जब तक हूं, नहीं रुकेगा काम

सच कहूं तो मैं जीवन को लेकर प्लान नहीं बनाता, जाने किस पल बुलावा आ जाए। जब तक मैं हूं तब तक यह कार्य जारी रहेगा। इसके बाद ईश्वर मालिक...बस यही चाहत है कि इंसानियत की जो राह गुरुजी ने दिखाई है, जीवन के अंतिम क्षण तक उस पर चलूं। मेरा इतना ही कहना है कि हमने जो जीवन से लिया है, उसे लौटाना चाहिए।

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बियांड एवरी डे लाइफ कार्यक्रम आज

ठाणे | मुंबई के प्रसिद्ध ह्यूमेनिटेरियन भूपेंद्र सिंह कोहली 11 मार्च को सोल्स सीडर्स क्लब में अपने जीवन के अनुभवों बियांड एवरी डे लाइफ पर बात करेंगे। तखलीन फाउंडेशन का यह कार्यक्रम हर्ष निलय सभागार में सुबह 10.15 बजे होगा। उन्हें दुनिया भर से चुने गए 500 सबसे ज्यादा सिंगल सेल्फलेस सर्विस करने वाले लोगों में शामिल किया गया है।

'समाजसेवा के लिए पैसे नहीं, फीलिंग होती है सबसे जरूरी'

इंदौर। नईदुनिया रिपोर्टर

मोटिवेशनल स्पीकर भूपिंदर सिंह कोहली ने किया मोटिवेट

आज हम अपनी जिंदगी में इतने व्यस्त हैं कि दूसरों के बारे में सोचने का समय नहीं है। कितनी बार लोग अपनी आंखों के सामने हुए हादसों पर ध्यान दिए बिना यूं ही चले जाते हैं, जैसे मानो कुछ हुआ ही नहीं है। सोचकर देखिए क्या यही हमारे अपनों के साथ घटित हो तो क्या हम ऐसा ही करेंगे। शायद नहीं तो फिर हमारी इंसानियत कहां चली गई है? इस दुनिया में हम क्या सिर्फ खुद के लिए जीने आए हैं? जीवन को सही अर्थों में जीने के लिए हमें इन सब प्रश्नों पर गहराई से विचार करने की आवश्यकता है।

यह बात रविवार को मुंबई से आए मोटिवेशनल स्पीकर एस. भूपिंदर सिंह कोहली ने सोलस्पेस रीडर्स क्लब के कार्यक्रम 'बियॉन्ड एवरीडे लाइफ' में कही। कोहली पिछले 30 साल से जरूरतमंद लोगों की मदद कर रहे हैं। वे दवाइयां, पुराने कपड़े, बर्तन और खिलौने इकट्ठा कर जरूरतमंद लोगों तक पहुंचाने का काम करते आ रहे हैं। कोहली ने कहा कि आज कोई भी मैं, मेरा परिवार, मेरे बच्चे, मेरे भाई-बहन से बाहर निकलकर सोचना नहीं चाहता। जब तक मनुष्य के दिमाग से यह फीलिंग नहीं निकलेगी, तब तक वह सही मायने में जीवन का मतलब नहीं समझेगा और न ही खुश रह सकता है। जीवन का मतलब देने में है, न कि हमेशा सिर्फ लेने, इच्छा रखने, चाहने में है। हर मनुष्य का कर्तव्य है कि वो अपने हर दिन कुछ समय तो दूसरों को खुशी देने में निकाले। इसका यह मतलब कदापि नहीं कि आप अपने घर-परिवार को समय न दें, लेकिन जो भी कर सकें अपने स्तर पर करने का प्रयास करें। दूसरों के इंतजार में न बैठें कि वो करेगा तभी हम करेंगे। आप हर किसी को खुश नहीं कर सकते, लेकिन हर कोई किसी एक को तो खुश कर ही सकता है।

व्यक्ति उम्र से नहीं दिमाग से बूढ़ा होता है

समाज के लिए कुछ करने के लिए कोई उम्र, डिग्री, पैसे नहीं, बस आपकी सकारात्मक सोच की जरूरत है। दूसरों को खुश करके आप खुद के दु:खों को भूल जाएंगे। आप किसी भी उम्र में काम कर सकते हैं। हम सिर्फ अपने दिमाग में यह सोचने लगते हैं कि हमारी उम्र हो गई अब हम कुछ नहीं कर पाएंगे। अगर आप इस सोच को बदलें तो आप एक अलग खुशी पा सकेंगे। सकारात्मक सोच के साथ जिएंगे तो कभी बुढ़ापे का अहसास नहीं होगा। कोहली कहते हैं शिक्षा का महत्व सिर्फ पढ़ना सीख जाना, डिग्री लेना ही नहीं है। असली शिक्षा मूल्यों पर आधारित होनी चाहिए, जिस पर कोई ध्यान नहीं दे रहा। जितने भी महान लोगों ने समाज सेवा के काम किए हैं, उनके पास कोई डिग्री नहीं थी, लेकिन एक अच्छी सोच थी। तवलीन फाउंडेशन के डॉ. गुरमीत नारंग ने कहा कि जब आप सच्चे मन से मानव सेवा में लग जाते हैं तो धर्म, जाति जैसी चीजें बहुत छोटी हो जाती हैं। उस समय आपका धर्म सिर्फ सेवा रह जाता है।

दिमाग की जगह दिल खोलकर करें मानवता के बारे में विचार

मोटिवेशनल स्पीकर बी. भूपिंदर सिंह ने 'बियॉन्ड एवरी डे लाइफ' विषय पर रखे विचार

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इंदौर ● जिंदगी में शायद ही कोई शख्स

ऐसा हो जिसे ये कहते ना सुना हो कि मेरे पास समय नहीं है। ये सच है कि हर दिन पैसे कमाने की भागदौड़ में समय नहीं मिल पाता है, लेकिन क्या यही जीवन का उद्देश्य है। जीवन का वास्तविक उद्देश्य मानवता की सेवा है। हमें दैनिक दिनचर्या से आगे बढ़कर कुछ ऐसा करने के बारे में सोचना चाहिए जिससे जीवन में वास्तविक आनंद मिले। हम दिमाग कि जगह दिल खोलकर मानवता के बारे में सोचें। यह बात मुंबई के मोटिवेशनल स्पीकर बी. भूपिंदर सिंह ने 'बियॉन्ड एवरी डे लाइफ' विषय पर अपने विचार व्यक्त करते हुए कही। वह हर्ष निलय सभागार में तक्षशीला फाउंडेशन द्वारा आयोजित कार्यक्रम में रविवार को बोल रहे थे। उन्होंने कहा कि जब भी किसी से पूछा जाए कि तुम सेवा कार्य क्यों नहीं करते तो उसके चार जवाब मिलते है-

1. मेरे पास समय नहीं है।
2. क्या समाज सुधार की जिम्मेदारी सिर्फ मेरी है?
3. मैं इतनी पढ़ाई करने के बाद घंटों अपना समय सेवा कार्य में क्यों व्यतीत करूं?
4. मै यह सब नहीं कर सकता।

इन सवालों के जवाब देते हुए कहा कि जिस तरह हम अपनी ख्वाहिशों को पूरा करने के लिए समय निकालते है वैसे ही सेवा कार्य के लिए भी निकालना चाहिए। शायद ही ऐसा कोई व्यक्ति हो जिसके पास एक या दो घंटे का भी समय ना हो। इस समय का सही उपयोग मन में संतुष्टि लेकर आएगा। सच है कि समाज सुधार की जिम्मेदारी किसी एक व्यक्ति की नहीं है, लेकिन पहल किसी एक व्यक्ति द्वारा की जा सकती है। सेवा कार्य से ज्यादा बेहतर समय का उपयोग कहीं अन्य हो ही नहीं सकता। हम सभी के भीतर क्षमताएं है, बस जरूरत है दिल से उस दिशा में कार्य करने की।

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गजसिंहपुर अकाल एकेडमी में सेमिनार में सम्मिलित बच्चे।

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गजसिंहपुर. अच्छा इंसान बनने के लिए परिवार का योगदान काफी अहम है। यह बात अकाल अकेडमी 31 बीबी पदमपुर में आयोजित आयोजित सेमिनार में मुंबई निवासी समाज सेवी भूपेंद्र सिंह कोहली ने ऐवरीडे एन्ड बियोंड विषय पर बच्चों को सम्बोधित करते हुए कही।

कोहली ने कहा कि वर्तमान में भाग दौड़ वाली जिंदगी में हम परिवार का महत्व भूल गए हैं । इस कारण नैतिकता का पतन हो रहा है। परिवार ही बच्चों के मानसिक विकास की सीढ़ी है। परिवार के बिना मानवीय मूल्यों विकास संभव नहीं है। उन्होंने बच्चों से दया, प्रेम, ईमानदारी, सत्य जैसे गुणों को अपनाने तथा अहंकार, क्रोध आदि से दूर रहने को कहा। अकाल अकेडमी की प्रिन्सीपल राजवंत कौर ने कोहली का आभार प्रकट करते हुए आगे भी इस प्रकार के सेमिनार आयोजित करवाने की बात कही।

अकाल अकेडमी में मानवीय मूल्यों पर सेमिनार का आयोजन

गजसिंहपुर,(हुक्मनामा समाचार)। अच्छा इंसान बनने के लिए परिवार का योगदान काफी अहम है। यह बात अकाल अकेडमी 31 बीबी पदमपुर में बुधवार को आयोजित आयोजित सेमिनार में मुंबई निवासी समाज सेवी भूपेंद्र सिंह कोहली ने ऐवरीडे एन्ड बियोंड विषय पर बच्चों को सम्बोधित करते हुए कही। कोहली ने कहा कि वर्तमान में भाग दौड़ वाली जिंदगी में हम परिवार का महत्व भूल गये हैं जिसके कारण नैतिकता का पतन हो रहा है। परिवार ही बच्चों के मा नसिक विकास की सी ढ़ी है। परिवार के बिना मानवीय मूल्यों विकास संभव नहीं है। उन्होंने बच्चों को संबोधित करते हुए दया, प्रेम, ईमानदारी, सत्य जैसे गुणों को अपनाने तथा अहंकार, क्रोध, ईर्षा से दूर रहने को कहा। अकाल अकेडमी की प्रिन्सिपल श्रीमती राजवंत कौर ने कोहली का आभार प्रकट करते हुए कहा कि बच्चों ने सेमिनार सेमिनार के आयोजन को अच्छा बताया व आगे भी इस प्रकार के सेमिनार आयोजित करवाने के लिए कहा।

अमर उजाला

बच्चों को पढ़ाया समाजसेवा का पाठ

पूरनपुर। अकाल अकादमी गोमती और कजरी निरंजनपुर में मुंबई से आए समाज सेवी भूपिंदर सिंह कोहली ने बच्चों को जीवन आधारित शिक्षा के पहलुओं को समझाया। उन्होंने कहा कि निस्वार्थ सेवा, दृढ़तापूर्वक व्यवहार से अलग पहचान बनाई जा सकती है। प्रधानाचार्य अशोक सिंह गुलेरिया ने भूपिंदर सिंह के समाज सेवा में मुंबई आतंकवादी घटनाओं, गुजरात भूकंप, केरल बाढ़ समेत कई आपदाओं में किए गए सहयोग को बताया। कार्यक्रम का संचालन खेल शिक्षक रेहान रजा खां ने किया। ब्यूरो

कैसी भी परिस्थिति हो हमें कभी भी हिम्मत नहीं हारनी चाहिए : कोहली

अकाल अकादमी सालमखेड़ा में हुआ कार्यक्रम, घटते नैतिक मूल्यों पर जताई चिंता

भास्कर न्यूज | फतेहाबाद

अकाल अकादमी सालमखेड़ा में एक कार्यक्रम का आयोजन किया गया। इसमें समाजसेवी भूपेंद्र सिंह कोहली ने विद्यार्थियों को मानव जीवन को परोपकार से जीने की प्रेरणा दी।

कोहली ने मानव धर्म पर अपने विचार व्यक्त किए। दिन-प्रतिदिन समाज में घटते नैतिक मूल्यों पर चिंता व्यक्त की तथा विद्यार्थियों को मानवता के प्रति जागरुक किया।' जीवन में नैतिक मूल्यों के प्रति अध्यापकों व विद्यार्थियों का मार्गदर्शन किया। उन्होंने कहा कि चाहे कैसी भी परिस्थिति हो हमें हिम्मत नहीं हारनी चाहिए। जीवन में केवल अपने स्वार्थ की पूर्ति के लिए कर्म नहीं करने चाहिए बल्कि समाज कल्याण के लिए कर्म करने चाहिए। यही सच्ची समाज सेवा हैं। हमें समाज सेवी संस्थाओं से अवश्य जुड़ना चाहिए। ताकि हम वास्तव में जीवन का आनंद ले सके व सुखद अनुभूति प्राप्त कर सकें। प्रधानाचार्या एकता चिलाना ने उनका आभार व्यक्त किया।

अकाल अकादमी सालमखेल में आयोजित कार्यक्रम में मौजूद स्टाफ सदस्य।

सार संक्षेप

अकादमी ने गुरबाणी से जुड़ने को प्रेरित किया

संवद सूत्र, खमाणों : समाज सेवक भूपिंदर सिंह कोहली ने अकाल अकादमी में बच्चों और शिक्षकों को गुरबाणी से जुड़ने और समाज को बेहतर बनाने के लिए प्रेरित किया। उन्होंने कई उदाहरण दिए और मानवता और गिरते मूल्यों को बनाए रखने की आवश्यकता के बारे में बताया और महापुरुषों की जीवनियों से संबंधित घटनाओं को वीडियो के रूप में दिखाया। उन्होंने कहा कि वह अपने व्यक्तिगत जीवन को श्री गुरु नानक देव जी द्वारा दी गई शिक्षाओं के अनुसार ढाल चुके हैं और समाज को इन सिद्धांतों को अपनाने के लिए प्रोत्साहित किया है। उन्होंने बीकेके मेमोरियल फाउंडेशन की ओर से दिवंगत पत्नी की याद में पौधारोपण किया। मौके पर प्रधान अध्यापिका अमरजीत कौर ने उनका आभार व्यक्त किया तथा अकादमी ने उन्हें स्मृति चिन्ह देकर सम्मानित किया।

dainik jagran

खमाणों में अकाल अकादमी में समाज सेवक भूपिंदर सिंह कोहली बच्चों को संबोधित करते हुए • सौजन्य अकादमी

हिन्दुस्तान

निस्वार्थ सेवा, अच्छे व्यवहार का समझाया तरीका

पूरनपुर | हिन्दुस्तान संवाद

पूरनपुर के अकाल अकेडमी गोमती पुल विद्यालय में मुंबई से आए समाजसेवी ने छात्रों का मार्ग दर्शन किया। • हिन्दुस्तान

अकाल एकेडमी गोमती पुल और कजरी में कलगीधर एजुकेशन ट्रस्ट और बड़ू साहिब के तत्वावधान में कार्यक्रम आयोजित किया गया। इसमें मुंबई से आए समाजसेवी भूपेंद्र सिंह कोहली ने छात्रों को जीवन आधारित शिक्षा के प्रमुख पहलुओं पर जानकारी दी। छात्रों को निस्वार्थ सेवा करने और अच्छा व्यवहार बनाने का तरीका भी समझाया गया।

उन्होंने अपने निजी जीवन और कई सामाजिक कार्यक्रमों के चलचित्र दिखाकर छात्रों को सही शिक्षा के स्वरूप से भी अवगत कराया। दो दिन के कार्यक्रम में उन्होंने अकाल एकेडमी गोमती पुल और कजरी के शिक्षकों और छात्रों का मार्गदर्शन किया। प्रबंधक बलवीर सिंह के अनुसार भूपेंद्र सिंह कोहली ने समाजसेवा के क्षेत्र में सराहनीय प्रयास किया है। मुंबई आतंकवादी घटनाओं में, गुजरात भूकंप, केरल बाढ़ आदि आपदाओं में भी बहुमूल्य योगदान दिया। कार्यक्रम का संचालन खेल शिक्षक रेहान रजा खां ने किया। इस मौके पर प्रबंधक बलवीर सिंह, प्रधानाचार्य अशोक सिंह गुलेरिया, भूपेंद्र सिंह रंधावा, जगवीर सिंह, सुरेंद्र पाल सिंह, दलजीत, श्याम बिहारी सिंह, अजय दास, निश्चय सिंह सहित स्कूल का समस्त स्टाफ और छात्र मौजूद रहे।

गुरु नानक देव जी की शिक्षाओं पर चलें विद्यार्थी : भूपिन्द्र सिंह

कपूरथला, 17 नवम्बर (मल्ली): स्थानीय अकाल एकैडमी मंडेर दोना में प्रिंसीपल मनजीत कौर माहल व अध्यापकों की अध्यक्षता में गुरु नानक देव जी की शिक्षाओं व विचारधारा विषय को समर्पित एक समारोह करवाया गया। इस मौके पर समाजसेवी भूपिन्द्र सिंह कोहली विशेष तौर पर पहुंचे। उन्होंने विद्यार्थियों को जहां नाम जपो, किरत करो व बांट कर खाने की शिक्षा पर चलने संबंधी प्रेरित किया वहीं पूर्ण गुरमति विचारधारा पर भी पहरा देने का संदेश दिया।

उन्होंने कहा कि पूरे ब्रह्मांड की उत्पत्ति गुरु जी द्वारा रची बाणी में से समझी जा सकती है। प्रिंसीपल मनजीत कौर माहल ने एकैडमी द्वारा विद्यार्थियों में गुरमति सोच पैदा करने के लिए किए जा रहे प्रयासों संबंधी रोशनी डाली। उन्होंने गुरु जी द्वारा रचित मूल मंत्र को समूह जीवन का आधार बताते हुए विद्यार्थियों को अपना जीवन गुरबाणी द्वारा दर्शाए रास्तों पर चलने के लिए प्रेरित किया। इस अवसर पर अकाल एकैडमी मंडेर दोना के स्टाफ द्वारा समाजसेवी भूपिन्द्र सिंह कोहली का सम्मान किया गया व गुरमति विचारधारा अनुसार चलने के लिए वचनबद्धता प्रकट की।

कार्यक्रम के दौरान उपस्थित गण्यमान्य। (चोपड़ा)

आयोजित कार्यक्रम में बच्चों को सम्बोधित करते हुए वक्ता।

नैतिक मूल्यों पर जागरूक होने की जरूरत : कोहली

रतिया, 21 जनवरी (झंडई): अकाल अकादमी अजीतसर में एक कार्यक्रम किया गया। कार्यक्रम में भूपेन्द्र सिंह कोहली बतौर मुख्यातिथि शामिल हुए और उन्होंने मानव जीवन को परोपकार से जीने की प्रेरणा दी। उन्होंने कहा कि दिन-प्रतिदिन समाज में घटते नैतिक मूल्यों पर चिंतन करने की जरूरत है और इसके लिए जागरूक होना जरूरी है। उन्होंने कहा कि चाहे कैसी भी परिस्थिति हो, हमें हिम्मत नहीं हारनी चाहिए। उन्होंने कहा कि जीवन में केवल अपने स्वार्थ की पूर्ति के लिए कर्म नहीं करने चाहिए, बल्कि समाज कल्याण के लिए अच्छे कर्म करने चाहिए और यही सच्ची समाज सेवा है। इस दौरान उन्होंने बच्चों को प्रेरणा दिए जाने पर वक्ता का विशेष आभार व्यक्त किया और अकादमी की तरफ से विशेष स्मृति चिन्ह भी भेंट किए। इस अवसर पर अकादमी के अन्य शिक्षक भी उपस्थित थे।

मानवता की सेवा ही प्रभु की सेवा है : कोहली

इंदौर। हर मानव में प्रभु निवास करते हैं अर्थात मानव की सेवा ही प्रभु की सेवा है यह विचार थे मुंबई के समाज सेवी स. भूपिंदर सिंह कोहली के जो उन्होंने इंदौर प्रवास के दौरान खालसा टाइम्स के साथ एक विशेष बातचीत में कहे उनका मानना है कि हर व्यक्ति ईमानदारी से प्रतिदिन एक पीड़ित मानव से उसका सिर्फ हाल चाल ही पूछ ले तो दुनिया का आधा दुख हम वैसे ही दूर कर सकते है। दिल्ली की एक संस्था द्वारा विश्व के 500 सिख शखसीयतों की एक डायरेक्टरी तैयार की गई है, जिसमें सा. भूपिन्दर सिंह कोहली का भी नाम शामिल है। मप्र से 4 लोगों के नाम इस डायरेक्टरी में शामिल है। भोपाल में डॉ. संतोख सिंह स. ईशर सिंह, डॉ. एच एल बेदी व स. बलविंदर शामिल हैं।

मुंबईकर सरदारांच्या देखरेखीखाली

जम्मूतील पूरग्रस्तांची पुरेपूर दखल...!

प्रशांत मोरे, ठाणे

पुरामुळे विस्कळीत झालेले जम्मू-काश्मीरमधील जनजीवन आता हळूहळू पूर्ववत होत असले तरी अक्षरशः उद्ध्वस्त झालेल्या तेथील हजारो कुटुंबांना या धक्क्यातून सावरायला अजून बराच वेळ जाणार आहे. पुनर्वसनाची ही प्रक्रिया दीर्घकालीन असून लष्कर आणि प्रशासनाबरोबरच विविध स्वयंसेवी संस्था त्यासाठी कार्यरत आहेत. त्यात शीख बांधवांनीही आपला वाटा उचलला आहे. देशभागतील ४५ शीख बांधवांनी जम्मूमधील उधमपूर जवळील मसूरनगर, अलुचिबाग, राजबाग, जव्हारबाग आदी गावांमधील तब्बल १७०० कुटुंबे दत्तक घेतली आहेत. भाई घनैयाजी सेवा मिशन या संस्थेच्या वतीने हे काम सुरू असून समाजसेवेचे भारलेल्या या सरदारांचे नेतृत्व मुंबईतील भूपिंदरसिंग कोहली करीत आहेत.

आपली स्टेट बँकेतील नोकरी सांभाळून गेली ३५ वर्षे आरोग्य, शिक्षण आणि आपत्कालीन परिस्थितीत मदतीला धावून जाणाऱ्या कोहलींनी आता निवृत्तीनंतर समाजसेवेस पूर्णपणे वाहून घेतले आहे. त्यामुळेच जम्मू-काश्मीर परिसरात पुराने धैमान घातल्याचे कळताच भाई घनैयाजी सेवा मिशन या संघटनेच्या माध्यमातून ते रहिवाशांच्या मदतीला धावले. जम्मू येथील त्रिकुटानगर गुरुद्वारातून ते त्यांची पुनर्वसन मोहीम राबवीत आहेत. जीवनावश्यक वस्तूंचे पॅकिंग येथे केले जाते. त्यात अन्नपदार्थ, ब्लँकेट्स, चादरी, बॉडीवॉर्मर, प्रसाधने, सुकामेवा आदींचा समावेश आहे. तिथून १२ तासांवर असलेल्या उधमपूर येथील लष्कराच्या छावणीत या वस्तू आणून त्यांचे वितरण केले जाते.

आता पूर ओसरला असला तरी कुटुंबांना सावरायला बराच वेळ लागणार आहे. त्यामुळे या शीख बांधवांनी किमान एक वर्ष तिथे पुनर्वसन मोहीम राबविण्याचा निर्णय घेतला आहे. उपरोक्त गावांचे सर्वेक्षण करून त्यांनी तेथील प्रत्येक कुटुंबाची नोंद केली आहे. पूरग्रस्त कुटुंबातील व्यक्ती पुन्हा स्वतःच्या पायावर उभी राहीपर्यंत त्यांना प्राथमिक सुविधा पुरविणार आहेत. गावांमधील एकूण १७०० कुटुंबीयांपैकी १५० लोक अत्यंत गरजू आहेत. त्यांना किमान एक वर्ष दरमहा विशिष्ट रक्कम मदत देण्यात येईल, अशी माहिती कोहली यांनी वृत्तान्तला दिली.

ਸੈਮੀਨਾਰ ਨੂੰ ਸੰਬੋਧਨ ਕਰਦੇ ਹੋਏ ਸਿੱਖ ਵਿਦਵਾਨ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ।

ਅਕਾਲ ਅਕੈਡਮੀ ਬੜਾਗੁੜਾ 'ਚ ਉੱਚ ਕਦਰਾਂ -ਕੀਮਤਾਂ ਵਿਸ਼ੇ 'ਤੇ ਸੈਮੀਨਾਰ

ਸਿਰਸਾ , 5 ਅਪ੍ਰੈਲ ਅਕਾਲ ਅਕੈਡਮੀ ਬੜਾਗੁੜਾ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਉੱਚ ਕਦਰਾਂ ਕੀਮਤਾਂ ਸਿਖਾਉਣ ਤੇ ਸਮਾਜ ਸੇਵਾ ਲਈ ਪ੍ਰੇਰਿਤ ਕਰਨ ਦੇ ਉਦੇਸ਼ ਨਾਲ ਪ੍ਰਿੰਸੀਪਲ ਪਰਮਜੀਤ ਕੌਰ ਦੀ ਅਗਵਾਈ 'ਚ ਵਿਸ਼ੇਸ਼ ਸੈਮੀਨਾਰ ਕਰਵਾਇਆ ਗਿਆ, ਜਿਸ ਚ ਸਿੱਖ ਐਵਾਰਡ ਲੰਡਨ ਕਰਮਵੀਰ ਪੁਰਸਕਾਰ ਨਾਲ ਸਨਮਾਨਿਤ ਉਘੇ ਸਮਾਜ ਸੇਵੀ ਤੇ ਸਿੱਖ ਵਿਦਵਾਨ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਵਿਸੇਸ ਤੌਰ ਤੇ ਹਾਜਰ ਹੋਏ। ਇਸ ਮੌਕੇ ਬੋਲਦਿਆਂ ਉਹਨਾਂ ਕਿਹਾ ਕਿ ਸਿੱਖ ਧਰਮ ਸਰਬ ਸਾਂਝੀਵਾਲਤਾ ਦੇ ਸਿਧਾਂਤ ਤੇ ਪਹਿਰਾ ਦਿੰਦਾ ਹਾਂ ਉਹਨਾਂ ਕਿਹਾ ਕਿ ਮਨੁੱਖਤਾ ਦੀ ਸੇਵਾ ਸਭ ਤੋਂ ਉਤਮ ਕਰਮ ਹੈ ਉਹਨਾਂ ਕਿਹਾ ਕਿ ਸੰਸਾਰਕ ਪੜਾਈ ਦੇ ਨਾਲ - ਨਾਲ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਆਪਣੇ ਜੀਵਨ ਚ ਦਇਆ,ਸੰਤੋਖ ,ਨਿਮਰਤਾ ਅਤੇ ਸਰਬੱਤ ਦੇ ਭਲੇ ਦੇ ਗੁਣ ਵੀ ਧਾਰਨ ਕਰਨੇ ਚਾਹੀਦੇ ਹਨ। ਉਹਨਾਂ ਕਿਹਾ ਕਿ ਅੱਜ ਦੇ ਸਿਧਾਂਤਾਂ ਤੇ ਚੱਲਦਿਆਂ ਠੱਲ ਪਾਈ ਜਾ ਸਕਦੀ ਹੈ ਇਸ ਮੌਕੇ ਉਪ ਪ੍ਰਿੰਸੀਪਲ ਪਰਮਜੀਤ ਕੌਰ , ਰਤਿਆ ਜੋਨ ਦੇ ਸੇਵਾਦਾਰ ਸੁਖਦੇਵ ਵੀਰ ਜੀ , ਅਮਰ ਸਿੰਘ ,ਗੁਰਦੀਪ ਸਿੰਘ, ਅਤੇ ਸਮੂਹ ਸਟਾਫ ਵੀ ਹਾਜਰ ਸੀ।

'ਸਿੱਖ ਰੋਲ ਮਾਡਲ' , ਗਰੀਬਾਂ ਦਾਂ ਮਸੀਹਾ ਤੇ ਸਿਰਮੌਰ ਕਲਮ : ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ

ਕਹਿੰਦੇ ਹਨ ਕਿ ਅਕਾਲ-ਪੁਰਖ ਕੁਝ ਇਕ ਰੂਹਾਂ ਨੂੰ ਮਾਤ-ਲੋਕ ਵਿਚ ਭੇਜਦਾ ਹੀ ਇਹ ਗੁਤਤੀ ਦੇ ਕੇ ਹੈ ਕਿ ਉਨਾਂ ਨੇ ਜ਼ਿੰਦਗੀ ਦਾ ਆਪਣਾ ਪਲ-ਪਲ ਦੂਜਿਆਂ ਵਾਸਤੇ ਹੀ ਨਿਸ਼ਾਵਰ ਕਰ ਦੇਣਾ ਹੁੰਦਾ ਹੈ। ਉਨਾਂ ਨੂੰ ਸਕੂਨ ਮਿਲਦਾ ਹੈ, ਦੂਜਿਆਂ ਦੀ ਮਦਦ ਕਰ ਕੇ। ਅੰਮ੍ਰਿਤ ਵੇਲੇ ਉਠ ਕੇ ਲਏ ਜਾਣ ਵਾਲੇ ਅਜਿਹੇ ਵਿਰਲਿਆਂ ਨਾਵਾਂ 'ਚੋਂ ਇਕ ਪਾਕਿ-ਪਵਿੱਤਰ ਨਾਂਉ ਹੈ- ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ। 16 ਮਈ 1960 ਨੂੰ ਮੁੰਬਈ ਵਿਖੇ ਮਾਤਾ ਜੋਗਿੰਦਰ ਕੌਰ ਦੀ ਪਾਕਿ ਕੁੱਖੋਂ ਪਿਤਾ ਸ. ਜਗਜੀਤ ਸਿੰਘ ਕੋਹਲੀ ਜੀ ਦੇ ਘਰ ਜਨਮੇ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਦੀ ਉਪਜੀਵਕਾ ਦਾ ਸਰੋਤ ਸੰਨ 1980 ਵਿਚ ਸਟੇਟ ਬੈਂਕ ਆਫ ਇੰਡੀਆ ਬਣ ਗਿਆ ਸੀ। ਬੈਂਕ ਦੀਆਂ ਸੇਵਾਵਾਂ ਨੂੰ ਮਿਹਨਤ, ਲਗਨ ਇਮਾਨਦਾਰੀ ਅਤੇ ਦਿਆਂਨਤਦਾਰੀ ਨਾਲ ਨਿਭਾਉਣ ਦੇ ਨਾਲ-ਨਾਲ ਕਿਰਤ ਕਰੇ, ਨਾਮ ਜਪੇ, ਵੰਡ ਛਕੇ ਤਹਿਤ, ਜੀਵਨ ਦੀਆਂ ਅਨਮੋਲ ਘੜੀਆਂ ਨੂੰ ਲੋੜਵੰਦ ਗਰੀਬਾਂ, ਰੋਗ-ਪੀੜਤਾਂ, ਨਿਆਸਰਿਆਂ, ਕੁਦਰਤੀ ਆਫਤਾਂ ਵਿਚ ਘਿਰੀ ਲੋਕਾਈ ਦੀ ਸਹਾਇਤਾ, ਮੁਸੀਬਤ ਵਿਚ ਫਸੇ ਲੋਕਾਂ ਲਈ ਰਾਹਤ ਜੁਟਾਉਣ ਵਰਗੇ ਸਮਾਜ-ਸੇਵਾ ਦੇ ਕਾਰਜਾਂ ਲੇਖੇ ਲਾਉਣਾ ਜਿਥੇ ਆਪ ਜੀ ਦਾ ਰਗ-ਰਗ ਵਿਚ ਵਸ ਚੁੱਕਾ ਨੇਮ ਹੈ, ਉਥੇ ਉਨਾਂ ਦਾ ਸੰਤੋਸ਼-ਜਨਕ ਰੁਝੇਵਾਂ ਵੀ ਹੈ। ਘਰ ਪਈ ਅਣ-ਵਰਤੋਂ ਵਾਲੀ ਵਸਤੂ ਕਿਸੇ ਲੋੜਵੰਦ ਨੂੰ ਦੇਣ ਦੀ ਸੇਵਾ ਤਾਂ ਆਮ ਲੋਕ ਕਰ ਸਕਦੇ ਹਨ, ਪਰ ਥਾਂ-ਥਾਂ ਤੋਂ ਪੁਰਾਣੇ ਕੱਪੜੇ, ਭਾਂਡੇ, ਖਿਡੌਣੇ, ਚੰਗਾ ਸਾਹਿਤ, ਵਰਤੋਂ ਯੋਗ ਦਵਾਈਆਂ, ਫਰੀ ਸੈਂਪਲ ਇਕੱਠੇ ਕਰਕੇ ਲੋੜਵੰਦ ਚੈਰੀਟੇਬਲ ਸੰਸਥਾਵਾਂ, ਯਤੀਮ ਗਰੀਬ ਬੱਚਿਆਂ, ਬਿਰਧ ਘਰਾ ਤੱਕ ਪਹੁੰਚਾਉਣਾ, ਆਫਤ ਵਿਚ ਫਸੇ ਜਖ਼ਮੀਆਂ ਬਿਮਾਰਾਂ ਲਈ ਆਪਣੀ ਨਿੱਜੀ ਕਾਰ ਨੂੰ ਐਬੂਲੈਂਸ ਦੇ ਤੌਰ ਤੇ ਦਿਨ-ਰਾਤ ਸੇਵਾ ਲਈ ਅਰਪਨ ਕਰਨਾ ਆਦਿਕ ਸੇਵਾਵਾਂ ਭੁਪਿੰਦਰ ਸਿੰਘ ਜਿਹੇ ਵਿਰਲੇ ਰੋਬ-ਰੂਪ ਇਨਸਾਨ ਹੀ ਕਰ ਸਕਦੇ ਹਨ। ਫਿਰ, 4800 ਦੇ ਲਗਭਗ ਖੂਨਦਾਨੀਆਂ ਦੀ ਮੁਕੰਮਲ ਬਲੱਡ ਗਰੁੱਪ ਡਾਇਰੈਕਟਰੀ ਤਿਆਰ ਕਰਨ ਵਰਗਾ ਸ਼ਲਾਘਾ ਯੋਗ ਕਾਰਜ ਵੀ ਸਿਰਫ-ਤੇ-ਸਿਰਫ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਵਰਗੇ ਉਦਮੀ, ਸਿਰੜੀ ਮਿਹਨਤੀ, ਤਪੱਸਵੀ ਅਤੇ ਲੋਹ-ਪੁਰਸ਼ਾਂ ਦੇ

ਫਿਰੋਜਪੁਰ ਦੀ ਅਵਾਜ਼

ਹਿੱਸੇ ਹੀ ਆਉਂਦਾ ਹੈ।2001 ਗੁਜਰਾਤ ਦੇ ਭੂਚਾਲ, 2004 ਤੱਟਿਲ ਤਾਮਿਲਨਾਡੂ ਅਤੇ ਅੰਡੇਮਾਨ ਨਿਕੋਬਾਰ ਸੁਨਾਮੀ, 2005 ਸੂਰਤ ਅਤੇ ਮੁੰਬਈ ਦੇ ਤੂਫ਼ਾਨ, 2006 ਦੇ ਮੁੰਬਈ ਟਰੇਨ ਬਲਾਸਟ, 2008 ਮੁੰਬਈ ਅੱਤਵਾਦੀ ਅਟੈਕ, 2014 ਸ੍ਰੀ ਨਗਰ ਹੜ ਆਦਿ ਲਈ ਆਪ ਦੀਆਂ ਨਿਭਾਈਆਂ ਸੇਵਾਵਾਂ ਅਤੇ ਹੋਰ ਅਨੇਕਾਂ ਸਮਾਜ ਭਲਾਈ ਦੇ ਕਾਰਜਾਂ ਬਦਲੇ ਆਪ ਜੀ ਨੂੰ ਦੇਸ਼-ਵਿਦੇਸ਼ ਦੀਆਂ ਵੱਖ-ਵੱਖ ਸੰਸਥਾਵਾਂ ਵੱਲੋਂ ਸੈਂਕੜੇ ਸਨਮਾਨ ਮਿਲ ਚੁੱਕੇ ਹਨ, ਜਿਨਾਂ ਵਿਚੋਂ ਲਾਈਨਜ਼ ਕਲੱਬ ਆਊਟ ਸਟੈਂਡਿੰਗ ਹੁਮੈਨੀਟੇਰੀਅਨ ਸਰਵਿਸ-(2006), ਰੋਟਰੀ ਕਲੱਬ ਆੱਫ ਮੁਲੁੰਡ (2008), ਰੋਟਰੀ ਕਲੱਬ ਆੱਫ ਮਿਲੀਨੀਅਮ ਸਿਟੀ (2009), ਸਮਾਜ ਸ਼ਕਤੀ ਅਵਾਰਡ (2010), ਪਰਮਾਨੰਦ ਅਵਾਰਡ (2011), ਸਿੱਖ ਅਵਾਰਡ ਲੰਦਨ (2012), ਕਰਮਵੀਰ ਪੁਰਸਕਾਰ (2012), ਭਾਈ ਘਨਈਆ ਸੇਵਾ ਅਵਾਰਡ ਅੰਮ੍ਰਿਤਸਰ (2013), ਭਾਈ ਘਨੱਈਆ ਅਵਾਰਡ ਅੰਮ੍ਰਿਤਸਰ (2014), ਭਾਈ ਗੁਰਦਾਸ ਅਵਾਰਡ, ਅੰਮ੍ਰਿਤਸਰ (2015), ਸੇਵਾ ਹੁਮੈਨੀਟੇਰੀਅਨ ਅਵਾਰਡ, ਦੁਬਈ (2018), ਪਰਾਈਡ ਆੱਫ ਇੰਡੀਆ ਅਵਾਰਡ, ਇੰਦੌਰ (2019), ਆਦਿ ਦਾ ਜ਼ਿਕਰ ਕੀਤੇ ਬਿਨਾਂ ਨਹੀਂ ਰਿਹਾ ਜਾ ਸਕਦਾ। ਇਸਤੋਂ ਇਲਾਵਾ ਕੇਸ ਸੰਭਾਲ ਪਰਚਾਰ ਸੰਸਥਾ, ਨਵੀਂ ਦਿੱਲੀ ਦੁਆਰਾ ਰਿਲੀਜ਼ ਕੀਤੀ ਗਈ ਕਿਤਾਬ ਦੇ ਤਹਿਤ ਵਿਸ਼ਵ ਭਰ ਤੋਂ ਆਪ ਨੂੰ ਪੰਜ ਸੌ ਸਿੱਖ ਰੋਲ ਮਾਡਲਾਂ ਵਿਚ ਸ਼ਾਮਲ ਕੀਤਾ ਜਾਣਾ ਉਨਾਂ ਦੇ ਕੱਦ ਨੂੰ ਹੋਰ ਵੀ ਅੰਬਰਾਂ ਵੱਲ ਲਿਜਾਂਦਾ ਹੈ। ਇਕ ਸਵਾਲ ਦਾ ਜੁਵਾਬ ਦਿੰਦਿਆਂ ਕੋਹਲੀ ਜੀ ਨੇ ਕਿਹਾ, "ਮੈਨੂੰ ਭਾਰਤ ਵਿਚ ਵੱਖ-ਵੱਖ ਸਕੂਲਾਂ, ਕਾਲਜਾਂ, ਕਾਰਪੋਰੇਟ ਅਤੇ ਸੰਸਥਾਵਾਂ ਦੇ ਨਾਲ-ਨਾਲ ਵਿਦੇਸ਼ਾਂ ਵਿਚ ਯੂਕੇ- ਲੰਡਨ, ਦੁਬਈ, ਹਾਂਗਕਾਂਗ ਅਤੇ ਇੰਡੋਨੇਸ਼ੀਆ ਆਦਿ ਅਨੇਕਾਂ ਦੇਸ਼ਾਂ ਵਿਚ ਮਨੁੱਖਤਾ ਦੀ ਸੇਵਾ ਕਰਨ ਦੇ ਆਪਣੇ ਤਜ਼ੁਰਬੇ ਨੂੰ ਸਾਂਝਾ ਕਰਨ ਲਈ ਸਪੀਕਰ ਵਜੋਂ ਬੁਲਾਇਆ ਗਿਆ ਹੈ।" ਕੋਹਲੀ ਜੀ ਦੀ ਕਲਮ ਦੀ ਗੱਲ ਕਰੀਏ ਤਾਂ ਬੜੂ ਸਾਹਿਬ ਦੀ ਇੰਟਰਨਲ ਵੋਇਸ ਮੈਗਜ਼ੀਨ, ਕੋਲਕਾਤਾ ਤੋਂ ਸਿੱਖ ਰਿਵਿਊ, ਲਖਨਊ ਤੋਂ ਅਮਨ ਸ਼ਾਂਤੀ, ਰੋਪੜ ਤੋਂ ਮਿਸ਼ਨਰੀ ਸੇਧਾਂ, ਅੰਮ੍ਰਿਤਸਰ ਤੋਂ ਪਿੰਗਲਵਾੜਾ ਆਦਿ ਭਾਰਤ ਦੇ ਕੋਨੇ-ਕੋਨੇ ਦੀਆਂ ਅਨੇਕਾਂ ਅਖ਼ਬਾਰਾਂ ਤੇ ਮੈਗਜ਼ੀਨਾਂ ਵਿਚ ਕੋਹਲੀ ਜੀ ਦੇ ਲੇਖ ਪ੍ਰਕਾਸ਼ਤ ਕੀਤੇ ਗਏ ਹਨ। ਇਸ ਤੋਂ ਇਲਾਵਾ ਦੇ ਪੁਸਤਕਾਂ, " ਦਾ ਐਵਰੀ ਡੇ ਐਂਡ ਬਿਓਡ" ਅਤੇ " ਫ਼ਸਟਏਡ ਫਾਰ ਦੀ ਲੋਮੈਨ " ਦਾ ਸੰਗ੍ਰਹਿ ਵੀ ਉਨਾਂ ਨੇ ਕੀਤਾ ਹੈ। ਜਿਸਦੀ ਡ੍ਰੇਕਸਲ ਯੂਨੀਵਰਸਿਟੀ ਕਾਲਜ ਆਫ ਨਰਸਿੰਗ ਐਂਡ ਹੈਲਥ ਪ੍ਰੋਫੈਸ਼ਨਜ਼, ਫਿਲਡੇਲਫੀਆ, ਯੂ. ਐਸ. ਏ, ਸ਼੍ਰੋਮਣੀ ਗੁਰੂਦਵਾਰਾ ਪ੍ਰਬੰਧਕ ਕਮੇਟੀ ਅੰਮ੍ਰਿਤਸਰ, ਬਾਬਾ ਬੰਦਾ ਸਿੰਘ ਬਹਾਦਰ ਇੰਜੀਨੀਅਰਿੰਗ ਕਾਲਜ, ਫਤਿਹਗੜ ਸਾਹਿਬ ਨੇ ਭਰਵੀ ਸ਼ਲਾਘਾ ਕੀਤੀ ਹੈ। ਧਰਤੀ ਉਤੇ ਜਿੱਨੇ ਅੱਤਿਆਚਾਰ, ਪਾਪ ਤੇ ਜ਼ੁਲਮ ਹੋ ਰਹੇ ਹਨ, ਸ਼ਾਇਦ ਹੁਣ ਤੱਕ ਧਰਤੀ ਨਿਘਰ ਹੀ ਜਾਂਦੀ ਜੇਕਰ ਮਨੁੱਖੀ ਜਾਮੇ ਵਿਚ ਇਹੋ ਜਿਹੀਆਂ ਰੂਹਾਂ ਇਸ ਮਾਤ-ਲੋਕ ਵਿਚ ਨਾ ਹੁੰਦੀਆਂ। ਧੰਨ ਹਨ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਅਤੇ ਧੰਨ ਹਨ ਉਨਾਂ ਦੇ ਮਾਂ-ਬਾਪ, ਜਿਨਾਂ ਨੇ ਇੰਨਸਾਨੀਅਤ ਦੀ ਐਸੀ ਸੱਚੀ-ਸੁੱਚੀ ਪਾਕਿ ਰੂਹ ਨੂੰ ਜਨਮ ਦਿੱਤਾ। ਗਰੀਬਾਂ ਦੇ ਇਸ ਮਸੀਹੇ ਨੂੰ ਜਿੱਥੇ ਕਲਮ ਨਤ-ਮਸਤਕ ਹੋ ਕੇ ਸਲਾਮ ਕਰਦੀ ਹੈ, ਉਥੇ ਉਨਾਂ ਦੀ ਯੁੱਗਾਂ ਦੇ ਹਾਣ ਦੀ ਉਮਰ ਹੋਣ ਲਈ ਵੀ ਦਿਲੀ ਦੁਆਵਾਂ ਕਰਦੀ ਹੈ।

-ਪ੍ਰੀਤਮ ਲੁਧਿਆਣਵੀ, ਚੰਡੀਗੜ, 9876428641

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http://facebook.com/2hupindersingh.kohli

ਅਕਾਲ ਅਕੈਡਮੀ ਮਾਧੋਪੁਰ ਵਿਖੇ ਮੁੱਖ ਮਹਿਮਾਨ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਵਿਦਿਆਰਥੀਆਂ ਨਾਲ ਵਿਚਾਰ ਸਾਂਝੇ ਕਰਦੇ ਹੋਏ। ਅਜੀਤ ਤਸਵੀਰ

ਅਕਾਲ ਅਕੈਡਮੀ ਮਾਧੋਪੁਰ ਵਿਖੇ ਨੈਤਿਕ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਸੰਬੰਧੀ ਸਮਾਗਮ

ਪਟਿਆਲਾ, 19 ਦਸੰਬਰ (ਧਰਮਿੰਦਰ ਸਿੰਘ ਸਿੱਧੂ)-ਅਕਾਲ ਅਕੈਡਮੀ ਮਾਧੋਪੁਰ ਵਿਖੇ ਨੈਤਿਕ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਸੰਬੰਧੀ ਇਕ ਸਮਾਗਮ ਕਰਵਾਇਆ ਗਿਆ। ਸਮਾਗਮ 'ਚ ਪਹੁੰਚੇ ਮੁੱਖ ਮਹਿਮਾਨ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਵਲੋਂ ਅੱਜ ਦੇ ਯੁੱਗ ਵਿਚ ਆਪਣੇ ਸੱਭਿਆਚਾਰ ਨੂੰ ਕਿਵੇਂ ਬਰਕਰਾਰ ਰੱਖਣ ਤੇ ਸ੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੀਆਂ ਉਸਾਰੀਆਂ ਨੀਂਹਾਂ ਉੱਤੇ ਕਿਵੇਂ ਚੱਲਣਾ ਸੰਬੰਧੀ ਗੱਲਾਂ ਉੱਤੇ ਚਾਨਣਾ ਪਾਇਆ। ਇਸ ਤੋਂ ਇਲਾਵਾ ਉਨ੍ਹਾਂ ਆਪਣੇ ਜੀਵਨ ਦੀਆਂ ਕਈ ਵਡਮੁੱਲੀਆਂ ਹਕੀਕਤਾਂ ਦਾ ਬਿਉਰਾ ਦਿੰਦਿਆਂ ਵਿਦਿਆਰਥੀਆਂ ਨਾਲ ਆਪਣਾ ਤਜਰਬਾ ਸਾਂਝਾ ਕੀਤਾ। ਸਮਾਗਮ 'ਚ ਜਿੱਥੇ ਮੁੱਖ ਮਹਿਮਾਨ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਦੇ ਵਿਚਾਰ ਸਕੂਲੀ ਸਟਾਫ਼ ਤੇ ਬੱਚਿਆਂ ਵਲੋਂ ਸੁਣੇ ਗਏ, ਉੱਥੇ ਹੀ ਉਨ੍ਹਾਂ ਨੂੰ ਅਮਲੀ ਰੂਪ ਦੇਣ ਦਾ ਵਾਅਦਾ ਵੀ ਸਕੂਲ ਪ੍ਰਬੰਧਕਾਂ ਵਲੋਂ ਕੀਤਾ ਗਿਆ। ਸਮਾਗਮ ਦੇ ਅੰਤ 'ਚ ਪ੍ਰਿੰਸੀਪਲ ਅਕਾਲ ਅਕੈਡਮੀ ਮਾਧੋਪੁਰ ਡਾ. ਸ਼ਾਲੂ ਰੰਧਾਵਾ ਨੇ ਆਏ ਮਹਿਮਾਨ ਦਾ ਧੰਨਵਾਦ ਕੀਤਾ ਤੇ ਭਵਿੱਖ ਵਿਚ ਵੀ ਇਸ ਤਰ੍ਹਾਂ ਦੇ ਹੋਰ ਉਪਰਾਲੇ ਜਾਰੀ ਰੱਖੇ ਜਾਣ ਦਾ ਵਾਅਦਾ ਵੀ ਕੀਤਾ।

ਸੈਮੀਨਾਰ ਨੂੰ ਸੰਬੋਧਨ ਕਰਦੇ ਹੋਏ ਸਿੱਖ ਵਿਦਵਾਨ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ।

ਤਸਵੀਰ: ਬੱਡਲਾ

ਅਕਾਲ ਅਕੈਡਮੀ ਮੱਖਣਗੜ੍ਹ 'ਚ ਉਚ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਵਿਸ਼ੇ 'ਤੇ ਸੈਮੀਨਾਰ

ਹੁਸ਼ਿਆਰਪੁਰ, 4 ਅਪ੍ਰੈਲ (ਨਰਿਦਰ ਸਿੰਘ ਬੱਡਲਾ)- ਅਕਾਲ ਅਕੈਡਮੀ ਮੱਖਣਗੜ੍ਹ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਉਚ ਕਦਰਾਂ ਕੀਮਤਾਂ ਸਿਖਾਉਣ ਤੇ ਸਮਾਜ ਸੇਵਾ ਲਈ ਪ੍ਰੇਰਿਤ ਕਰਨ ਦੇ ਉਦੇਸ਼ ਨਾਲ ਪ੍ਰਿੰਸੀਪਲ ਸੁਖਵਿੰਦਰ ਕੌਰ ਦੀ ਅਗਵਾਈ 'ਚ ਵਿਸ਼ੇਸ਼ ਸੈਮੀਨਾਰ ਕਰਵਾਇਆ ਗਿਆ, ਜਿਸ 'ਚ ਸਿੱਖ ਐਵਾਰਡ ਲੰਡਨ ਕਰਮਵੀਰ ਪੁਰਸਕਾਰ ਨਾਲ ਸਨਮਾਨਿਤ ਉਘੇ ਸਮਾਜ ਸੇਵੀ ਤੇ ਸਿੱਖ ਵਿਦਵਾਨ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਵਿਸ਼ੇਸ਼ ਤੌਰ 'ਤੇ ਹਾਜ਼ਰ ਹੋਏ। ਇਸ ਮੌਕੇ ਬੋਲਦਿਆਂ ਉਨ੍ਹਾਂ ਕਿਹਾ ਕਿ ਸਿੱਖ ਧਰਮ ਸਰਬ ਸਾਂਝੀਵਾਲਤਾ ਦੇ ਸਿਧਾਂਤ 'ਤੇ ਪਹਿਰਾ ਦਿੰਦਾ ਹੈ। ਉਨ੍ਹਾਂ ਕਿਹਾ ਕਿ ਮਨੁੱਖਤਾ ਦੀ ਸੇਵਾ ਸਭ ਤੋਂ ਉਤਮ ਕਰਮ ਹੈ। ਉਨ੍ਹਾਂ ਕਿਹਾ ਕਿ ਸੰਸਾਰਕ ਪੜ੍ਹਾਈ ਦੇ ਨਾਲ-ਨਾਲ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਆਪਣੇ ਜੀਵਨ 'ਚ ਦਇਆ, ਸੰਤੋਖ, ਨਿਮਰਤਾ ਅਤੇ ਸਰਬੱਤ ਦੇ ਭਲੇ ਦੇ ਗੁਣ ਵੀ ਧਾਰਨ ਕਰਨੇ ਚਾਹੀਦੇ ਹਨ। ਉਨ੍ਹਾਂ ਕਿਹਾ ਕਿ ਅੱਜ ਦੇ ਯੁੱਗ 'ਚ ਜੋ ਮਨੁੱਖੀ ਕਦਰਾਂ ਕੀਮਤਾਂ ਦਾ ਘਾਣ ਹੋ ਰਿਹਾ ਹੈ, ਉਸ ਨੂੰ ਸਿੱਖੀ ਦੇ ਸਿਧਾਂਤਾਂ 'ਤੇ ਚੱਲਦਿਆਂ ਠੱਲ ਪਾਈ ਜਾ ਸਕਦੀ ਹੈ। ਇਸ ਮੌਕੇ ਉਪ ਪ੍ਰਿੰਸੀਪਲ ਮਨਸ਼ਾਂਤ ਸਿੰਘ, ਨੰਬਲਪ੍ਰੀਤ ਕੌਰ, ਜਸਨੀਤ ਕੌਰ, ਪ੍ਰਭਜੋਤ ਕੌਰ, ਸੁਖਵਿੰਦਰ ਕੌਰ, ਰੋਜ਼ੀ ਤੇ ਸਮੂਹ ਸਟਾਫ਼ ਵੀ ਹਾਜ਼ਰ ਸੀ।

ਸਮਾਜ ਸੇਵੀ ਕੋਹਲੀ ਨੇ ਅਕਾਲ ਅਕੈਡਮੀ ਰਾਜੀਆ ਵਿੱਖੇ ਆਪਣੇ ਤਜੁਰਬੇ ਸਾਂਝੇ ਕੀਤੇ

ਹਰਵਿੰਦਰਪਾਲ ਰਿਸ਼ੀ
ਸੁਨਾਮ, 24 ਜਨਵਰੀ
ਆਜ਼ਾਦ ਸੋਚ

ਅਕਾਲ ਅਕੈਡਮੀ ਰਾਜੀਆ ਦੇ ਵਿਹੜੇ ਵਿਚ ਸਮਾਜ ਸੇਵਕ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ (ਮੁੰਬਈ) ਨੇ ਮਨੁੱਖੀ ਕਦਰਾਂ ਕੀਮਤਾਂ ਤੇ ਨੈਤਿਕਤਾ ਦੇ ਵਿਸ਼ੇ ਬਾਰੇ ਵਿਸਥਾਰ ਚ ਆਪਣੇ ਵਿਚਾਰ ਪੇਸ਼ ਕੀਤੇ। ਉਨ੍ਹਾਂ ਨੇ ਦਿਨ ਪ੍ਰਤੀ ਦਿਨ ਸਮਾਜ ਵਿਚੋ ਘੱਟ ਰਹੇ ਨੈਤਿਕਤਾ 'ਤੇ ਚਿੰਤਾ ਜ਼ਾਹਰ ਕੀਤੀ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਮਾਨਵਤਾ ਪ੍ਰਤੀ ਜਾਗਰੂਕ ਕੀਤਾ। ਅਧਿਆਪਕਾਂ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਜੀਵਨ ਵਿਚ ਨੈਤਿਕ ਕਦਰਾਂ ਕੀਮਤਾਂ ਪ੍ਰਤੀ ਸੇਧ ਦਿੱਤੀ। ਸਾਨੂੰ ਜ਼ਿੰਦਗੀ ਪ੍ਰਤੀ ਸਕਾਰਾਤਮਿਕ ਰਵੱਈਆ ਬਣਾਉਣਾ ਚਾਹੀਦਾ ਹੈ ਭਾਵੇਂ ਕੋਈ ਵੀ ਸਥਿਤੀ ਹੋਵੇ,ਜਿੰਦਗੀ ਚ ਸਾਨੂੰ ਹੌਂਸਲਾ ਨਹੀਂ ਹਾਰਣਾ ਚਾਹੀਦਾ। ਵਿਅਕਤੀ ਨੂੰ ਆਪਣੇ ਸਵਾਰਥ ਦੀ ਪੂਰਤੀ ਲਈ ਕੇਵਲ ਕਰਮ ਨਹੀਂ ਕਰਨਾ ਚਾਹੀਦਾ, ਬਲਕਿ ਸਮਾਜ ਭਲਾਈ ਲਈ ਵੀ ਕੁਝ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ।ਸਾਨੂੰ ਸਮਾਜ ਸੇਵੀ ਸੰਸਥਾਵਾਂ ਨਾਲ ਜੁੜਨਾ ਚਾਹੀਦਾ ਹੈ ਤਾਂ ਜੋ ਅਸੀਂ ਸੱਚਮੁੱਚ ਜ਼ਿੰਦਗੀ ਦਾ ਅਨੰਦ ਲੈ ਸਕੀਏ ਅਤੇ ਇਕ ਸੁਹਾਵਣੀ ਭਾਵਨਾ ਰੱਖ ਸਕੀਏ। ਇਸ ਮੌਕੇ ਪ੍ਰਿੰਸੀਪਲ ਅਮਨਦੀਪ ਕੌਰ ਨੇ ਸਾਰਿਆਂ ਦਾ ਧੰਨਵਾਦ ਕੀਤਾ।

ਅਕਾਲ ਅਕੈਡਮੀ ਖਮਾਣੋਂ ਵਿਖੇ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਨੇ ਬੱਚਿਆਂ ਅਤੇ ਅਧਿਆਪਕਾਂ ਨੂੰ ਗੁਰਬਾਣੀ ਨਾਲ ਜੁੜਨ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ

ਖਮਾਣੋਂ 17 ਦਸੰਬਰ (ਬਲਬੀਰ ਸਿੰਘ ਸਿੱਧੂ) ਬੀਤੇ ਦਿਨੀ ਸੋਸ਼ਲ ਵਰਕਰ ਸ੍ਰੀਮਾਨ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਜੋ ਕਿ ਇੱਕ ਉੱਘੇ ਸਮਾਜ ਸੁਧਾਰਕ ਹਨ, ਅਕਾਲ ਅਕੈਡਮੀ ਖਮਾਣੋਂ ਵਿਖੇ ਸ਼ਿਰਕਤ ਕੀਤੀ। ਉਹਨਾਂ ਨੇ ਆਪਣੇ ਵਿਚਾਰਾਂ ਦੁਆਰਾ ਸਮੂਹ ਬੱਚਿਆਂ ਤੇ ਅਧਿਆਪਕਾਂ ਨੂੰ ਗੁਰਬਾਣੀ ਨਾਲ ਜੁੜਨ ਅਤੇ ਸਮਾਜ ਵਿੱਚ ਸੁਧਾਰ ਕਰਨ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ। ਉਹਨਾਂ ਨੇ ਅਨੇਕਾਂ ਹੀ ਸੱਚੀਆਂ ਉਦਾਹਰਨਾਂ ਦਿੰਦੇ ਹੋਏ ਇਨਸਾਨੀਅਤ ਅਤੇ ਘਟਦੀਆਂ ਹੋਈਆਂ ਕਦਰਾਂ ਕੀਮਤਾਂ ਨੂੰ ਸਾਂਭਣ ਦੀ ਲੋੜ ਬਾਰੇ ਦੱਸਿਆ। ਉਹਨਾਂ ਨੇ ਆਪਣੇ ਵਿਚਾਰਾਂ ਨੂੰ ਪ੍ਰਭਾਵਸ਼ਾਲੀ ਢੰਗ ਨਾਲ ਪੇਸ਼ ਕਰਨ ਲਈ ਮਹਾਨ ਵਿਅਕਤੀਆਂ ਦੀਆਂ ਜੀਵਨੀਆਂ ਨਾਲ ਸੰਬੰਧਿਤ ਘਟਨਾਵਾਂ ਨੂੰ ਵੀਡੀਓ ਦੇ ਰੂਪ ਵਿੱਚ ਦਿਖਾਇਆ। ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਨੇ ਆਪਣੇ

ਨਿੱਜੀ ਜੀਵਨ ਨੂੰ ਵੀ ਸ੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੁਆਰਾ ਦਿੱਤੀਆਂ ਸਿੱਖਿਆਵਾਂ ਅਨੁਸਾਰ ਢਾਲਿਆ ਹੈ ਅਤੇ ਸਮੁੱਚੇ ਸਮਾਜ ਨੂੰ ਵੀ ਇਨ੍ਹਾਂ ਸਿਧਾਂਤਾਂ ਨੂੰ ਅਪਨਾਉਣ ਬਾਰੇ ਉਤਸ਼ਾਹਿਤ ਕੀਤਾ। ਉਦਾਹਰਨ ਦੇ ਤੌਰ ਤੇ ਉਹਨਾਂ ਨੇ ਬੜੂ ਸਾਹਿਬ ਟਰੱਸਟ ਨਾਲ ਮਿਲ ਕੇ ਕੇਰਲਾ ਵਿੱਚ ਹੜ੍ਹ-ਪੀੜਤਾਂ ਦੀ ਮਦਦ ਲਈ ਅੱਗੇ ਹੋ ਕੇ ਯੋਗਦਾਨ ਪਾਇਆ। ਇਸ ਤੋਂ ਇਲਾਵਾ ਉਹਨਾਂ ਨੇ ਆਪਣੀ ਸਵਰਗਵਾਸੀ ਸੁਪਤਨੀ ਦੀ ਯਾਦ ਵਿੱਚ ਬੀ.ਕੇ.ਕੇ ਮੈਮੋਰੀਅਲ ਫਾਊਂਡੇਸ਼ਨ ਵੱਲੋਂ ਪੌਦੇ ਲਗਵਾਏ। ਅਨਾਥ ਬੱਚਿਆਂ ਦੀ ਪੜ੍ਹਾਈ ਲਈ ਵੀ ਉਹ ਆਪਣਾ ਯੋਗਦਾਨ ਪਾ ਰਹੇ ਹਨ। ਇਸ ਤਰ੍ਹਾਂ ਦੀਆਂ ਘਟਨਾਵਾਂ ਨੂੰ ਸਾਂਝੇ ਕਰਦੇ ਹੋਇਆਂ ਉਹਨਾਂ ਨੇ ਬੱਚਿਆਂ ਅਤੇ ਸਮੂਹ ਮਾਨਵਤਾ ਨੂੰ ਬਚਾਉਣ ਲਈ ਇਕ ਵਧੀਆ ਸਮਾਜ ਸਿਰਜਣ ਦੀ ਸੇਧ ਦਿੱਤੀ। ਇਸ ਪ੍ਰਕਾਰ ਉਹਨਾਂ ਨੇ ਆਪਣਾ ਸਾਰਾ ਜੀਵਨ ਹੀ ਸਮਾਜ ਸੇਵਾ ਦੇ ਕਾਰਜਾਂ ਲਈ ਅਰਪਣ ਕੀਤਾ ਹੋਇਆ ਹੈ। ਇਸ ਮੌਕੇ ਤੇ ਪ੍ਰਿੰਸੀਪਲ ਸ੍ਰੀਮਤੀ ਅਮਰਜੀਤ ਕੌਰ ਜੀ ਨੇ ਉਹਨਾਂ ਦਾ ਧੰਨਵਾਦ ਕੀਤਾ ਅਤੇ ਅਕੈਡਮੀ ਵੱਲੋਂ ਉਨ੍ਹਾਂ ਨੂੰ ਸਨਮਾਨ ਚਿੰਨ੍ਹ ਭੇਂਟ ਕੀਤੇ।

ਪ੍ਰਕਾਸ਼ ਪੁਰਬ ਨੂੰ ਸਮਰਪਿਤ ਅਕਾਲ ਅਕੈਡਮੀ ਵੱਲੋਂ ਸਮਾਗਮ

ਸਕੂਲ ਵਿੱਚ ਪੌਦੇ ਲਾਏ; ਬੱਚਿਆਂ ਨੇ ਗੱਤਕੇ ਦੇ ਜੌਹਰ ਦਿਖਾਏ

ਪੱਤਰ ਪ੍ਰੇਰਕ

ਘੱਗਾ, 21 ਨਵੰਬਰ

ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੇ 550 ਸਾਲਾ ਪ੍ਰਕਾਸ਼ ਉਤਸਵ ਸਬੰਧੀ ਬਾਦਸ਼ਾਹਪੁਰ ਸ਼ੁਤਰਾਣਾ ਰੋਡ ਉਤੇ ਸਥਿਤ ਬੜੂ ਸਾਹਿਬ ਅਕਾਲ ਅਕੈਡਮੀ ਵੱਲੋਂ ਸਕੂਲ ਵਿਚ ਮਨੁਖੀ ਕਦਰਾਂ ਕੀਮਤਾਂ, ਨੈਤਿਕਤਾ ਅਤੇ ਸਮਾਜਿਕ ਜ਼ਿੰਮੇਵਾਰੀਆਂ ਬਾਰੇ ਸਮਾਗਮ ਕਰਵਾਇਆ ਗਿਆ। ਸਮਾਗਮ ਵਿਚ ਸਕੂਲੀ ਬਚਿਆਂ ਵਲੋਂ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੇ ਜੀਵਨ ਨਾਲ ਸਬੰਧਤ ਕਵਿਤਾਵਾਂ, ਵਾਰਾਂ, ਸ਼ਬਦ ਗਾਇਨ ਤੇ ਨਾਟਕ ਪੇਸ਼ ਕੀਤੇ ਗਏ। ਪੰਜਾਬੀ ਯੂਨੀਵਰਸਿਟੀ ਤੋਂ ਪ੍ਰੋਫੈਸਰ ਹਰਭਜਨ ਸਿੰਘ ਨੇ ਮੁੱਖ ਮਹਿਮਾਨ ਵਜੋਂ ਸ਼ਿਰਕਤ ਕਰਦਿਆਂ ਸਕੂਲੀ ਬਚਿਆਂ ਨੂੰ ਗੁਰੂ ਨਾਨਕ ਦੇ ਦਰਸਾਏ ਮਾਰਗ ਉਤੇ ਚੱਲਣ ਦੀ ਪ੍ਰੇਰਨਾ ਕਰਦਿਆਂ ਕਿਹਾ ਕਿ ਬਾਬੇ ਨਾਨਕ ਦੀਆਂ ਸਿੱਖਿਆਵਾਂ ਮਹਾਨ ਹਨ। ਇਸ ਮੌਕੇ ਸਮਾਜ ਸੇਵੀ ਭੁਪਿੰਦਰ ਸਿੰਘ ਨੇ ਗੁਰਬਾਣੀ ਨੂੰ ਜੀਵਨ ਦਾ ਆਧਾਰ ਬਣਾਉਣ ਲਈ ਕਿਹਾ। ਅਕੈਡਮੀ ਦੇ ਜਾਇੰਟ ਡਾਇਰੈਕਟਰ ਤਜਿੰਦਰ ਸਿੰਘ ਵੀ ਹਾਜ਼ਰ ਹੋਏ। ਸਕੂਲੀ ਬੱਚਿਆਂ ਵੱਲੋਂ ਗਤਕੇ ਦੇ ਜੌਹਰ ਦਿਖਾਏ ਗਏ। ਇਸੇ ਦੌਰਾਨ ਵਾਤਾਵਰਨ ਦੀ ਸਾਂਭ ਸੰਭਾਲ ਸਬੰਧੀ ਸਕੂਲ ਕੈਂਪਸ ਵਿਚ ਬੂਟੇ ਵੀ ਲਾਏ ਗਏ। ਸਕੂਲ ਪ੍ਰਿੰਸੀਪਲ ਸੁਮੀਤ ਬਰਾੜ ਨੇ ਸਕੂਲ ਦੀ ਪ੍ਰਗਤੀ ਰਿਪੋਰਟ ਪੜ੍ਹੀ। ਇਸ ਮੌਕੇ ਗੁਰੂ ਦਾ ਅਤੁੱਟ ਲੰਗਰ ਵੀ ਵਰਤਾਇਆ ਗਿਆ।

ਸਕੂਲ ਵਿਚ ਬੂਟੇ ਲਾਏ ਜਾਣ ਦੀ ਤਸਵੀਰ। -ਫੋਟੋ: ਸ਼ਹਿਬਾਜ਼ ਸਿੰਘ

ਪਟਿਆਲਾ/ਸੰਗਰੂਰ Fri, 22 November 2019
https://epaper.punjabitribuneonline.com/c/46030104

ਦੱਸੇ ਗੁਰ | **ਅਕਾਲ ਅਕੈਡਮੀ 'ਚ ਮਨੁੱਖੀ ਕਦਰਾਂ-ਕੀਮਤਾਂ 'ਤੇ ਕਰਵਾਇਆ ਸੈਮੀਨਾਰ**

ਪੜ੍ਹਾਈ ਦੇ ਨਾਲ ਲਿਆਕਤ ਵੀ ਜ਼ਰੂਰੀ : ਕੋਹਲੀ

ਪ੍ਰਿਤਪਾਲ ਸਿੰਘ, ਸ਼ਾਹਕੋਟ

ਅਕਾਲ ਅਕੈਡਮੀ ਕਾਕੜਾ ਕਲਾਂ ਵਿਖੇ ਮਨੁੱਖੀ ਕਦਰਾਂ ਕੀਮਤਾਂ ਸਬੰਧੀ ਉੱਘੇ ਸਮਾਜ ਸੇਵਕ ਤੇ ਸਿੱਖ ਚਿੰਤਕ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਤੇ ਅਧਿਆਪਕਾਂ ਦਾ ਸੈਮੀਨਾਰ ਲਾ ਕੇ ਆਪਣੇ ਅਣਮੁਲੇ ਵਿਚਾਰਾਂ ਤੋਂ ਜਾਣੂ ਕਰਵਾਇਆ। ਉਨ੍ਹਾਂ ਉੱਚ ਸ਼੍ਰੇਣੀ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਨਾਲ ਆਪਣੀ ਨਿੱਜੀ ਜ਼ਿੰਦਗੀ ਦੇ ਵਿਚਾਰ ਸਾਂਝੇ ਕੀਤੇ। ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੇ ਤਿੰਨ ਸਿਧਾਂਤ 'ਕਿਰਤ ਕਰੋ, ਨਾਮ ਜਪੋ ਤੇ ਵੰਡ ਛਕੋ' ਬਾਰੇ ਵਿਸਥਾਰ ਨਾਲ ਦੱਸਿਆ। ਉਨ੍ਹਾਂ ਨੇ ਕਿਹਾ ਸਿੱਖਿਆ ਪ੍ਰਾਪਤ ਕਰਦਿਆਂ ਸਾਦੇ ਜੀਵਨ 'ਚ ਰਹਿ ਕੇ ਵੀ ਆਪਣੇ ਵਿਚਾਰ ਉੱਚੇ ਰੱਖ ਸਕਦੇ ਹਾਂ। ਉਨ੍ਹਾਂ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਦੀਆਂ ਅਸਲ ਹੱਡ ਬੀਤੀਆਂ ਦੀ ਵੀਡੀਓ ਦਿਖਾ ਕੇ ਜੀਵਨ 'ਚ ਚੰਗੇ ਆਦਰਸ਼ ਵਿਅਕਤੀ ਬਣਨ ਲਈ ਪ੍ਰੇਰਿਆ ਤੇ ਬੱਚਿਆਂ ਨੂੰ ਬਜ਼ੁਰਗਾਂ ਤੇ ਹੋਰਨਾਂ ਪਰਿਵਾਰਕ ਮੈਂਬਰਾਂ ਨਾਲ ਜ਼ਿਆਦਾ ਸਮਾਂ ਬਿਤਾਉਣ ਲਈ ਵੀ ਉਤਸ਼ਾਹਿਤ ਕੀਤਾ।

ਅਕਾਲ ਅਕੈਡਮੀ 'ਚ ਬੂਟੇ ਲਾਉਂਦੇ ਹੋਏ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਸਟਾਫ ਤੇ ਬੱਚੇ।

ਉਨ੍ਹਾਂ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨਾਲ ਵਾਅਦਾ ਕੀਤਾ ਕਿ ਜ਼ਰੂਰਤਮੰਦ ਲੋਕਾਂ ਦੀ ਮਦਦ ਕਰਾਂਗੇ ਤੇ ਗੁਰੂਆਂ ਦੇ ਦੱਸੇ ਹੋਏ ਮਾਰਗ 'ਤੇ ਚੱਲਾਂਗੇ। ਅਧਿਆਪਕਾਂ ਨਾਲ ਵਿਚਾਰ ਸਾਂਝੇ ਕਰਦਿਆਂ ਕਿਹਾ ਕਿ ਇਕੱਲੇ ਪੜ੍ਹ ਜਾਣ ਨਾਲ ਹੀ ਅਸੀਂ ਸਿਆਣੇ ਨਹੀਂ ਬਣਦੇ, ਸਗੋਂ ਸਾਡੀ ਲਿਆਕਤ ਹੀ ਸਾਨੂੰ ਚੰਗਾ ਆਦਰਸ਼ ਇਨਸਾਨ ਬਣਾਉਂਦੀ ਹੈ। ਅਧਿਆਪਕਾਂ ਨੂੰ ਪੰਛੀਆਂ ਤੇ ਜਾਨਵਰਾਂ ਦੀਆਂ ਉਦਾਹਰਨਾਂ ਦੇ ਕੇ ਸਮਝਾਇਆ।।

ਅੰਤ 'ਚ ਪ੍ਰਿੰਸੀਪਲ ਇਸਤਿੰਦਰ ਮਲਹੋਤਰਾ ਨੇ ਸੰਬੋਧਨ ਕਰਦਿਆਂ ਕਿਹਾ ਕਿ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਬਹੁਤ ਨੇਕ ਕੰਮ ਕਰ ਰਹੇ ਹਨ, ਜੋ ਸਾਨੂੰ ਸ੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੇ ਉਪਦੇਸ਼ਾਂ ਤੋਂ ਜਾਣੂ ਕਰਵਾ ਰਹੇ ਹਨ। ਉਨ੍ਹਾਂ ਕਿਹਾ ਕਿ ਉਹ ਜਾਤ ਜਾਂ ਸਮਾਜ ਹੀ ਜ਼ਿਆਦਾ ਤਰੱਕੀ ਕਰਦਾ ਹੈ ਜੋ ਦੂਜਿਆਂ ਦੀ ਭਲਾਈ ਬਾਰੇ ਸੋਚਦਾ ਹੈ। ਸੈਮੀਨਾਰ ਦੀ ਸਮਾਪਤੀ ਤੋਂ ਬਾਅਦ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਤੇ ਬੱਚਿਆਂ ਨੇ ਸਕੂਲ 'ਚ ਰੁੱਖ ਲਾਏ ਤੇ ਉਨ੍ਹਾਂ ਦੀ ਨਿਰ-ਸੁਆਰਥ ਹੋ ਕੇ ਪਾਲਣ ਕਰਨ ਦਾ ਵਾਅਦਾ ਕੀਤਾ।

ਗੁਰੂ ਨਾਨਕ ਵਿਚਾਰਧਾਰਾ 'ਤੇ ਪਹਿਰਾ ਦੇਣ ਲਈ ਮੰਡੇਰ ਦੋਨਾ 'ਚ ਸਮਾਗਮ ਆਯੋਜਿਤ

ਸਮਾਜ ਸੇਵੀ ਕੋਹਲੀ ਵਲੋਂ ਨੈਤਿਕ ਕਦਰਾਂ ਕੀਮਤਾਂ ਲਈ ਕੀਤੀ ਪ੍ਰੇਰਨਾ

ਕਪੂਰਥਲਾ, 17 ਨਵੰਬਰ (ਮੱਲ੍ਹੀ)– ਸਥਾਨਕ ਅਕਾਲ ਅਕੈਡਮੀ ਮੰਡੇਰ ਦੋਨਾ 'ਚ ਪ੍ਰਿੰਸੀਪਲ ਮਨਜੀਤ ਕੌਰ ਮਾਹਲ ਤੇ ਅਧਿਆਕਾਂ ਦੀ ਅਗਵਾਈ 'ਚ 'ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੀ ਸਿੱਖਿਆਵਾਂ ਤੇ ਵਿਚਾਰਧਾਰਾ' ਵਿਸ਼ੇ ਨੂੰ ਸਮਰਪਿਤ ਇਕ ਸ਼ਾਨਦਾਰ ਸਮਾਗਮ ਕਰਵਾਇਆ ਗਿਆ। ਸਮਾਗਮ 'ਚ ਸਮਾਜ ਨੂੰ ਸਮਰਪਿਤ, ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਨੇ ਵਿਸ਼ੇਸ਼ ਤੌਰ 'ਤੇ ਸ਼ਿਰਕਤ ਕੀਤੀ।

ਉਨ੍ਹਾਂ ਵਿਦਿਆਰਥੀਆਂ ਦੇ ਰੂ-ਬ-ਰੂ ਹੁੰਦਿਆਂ ਜਿਥੇ ਨਾਮ ਜਪੋ, ਕਿਰਤ ਕਰੋ ਤੇ ਵੰਡ ਛਕੋ ਦੀ ਵਿਚਾਰਧਾਰਾ ਸਬੰਧੀ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪ੍ਰੇਰਿਤ ਕੀਤਾ ਉਥੇ ਪੂਰਨ ਗੁਰਮਤਿ ਵਿਚਾਰਧਾਰਾ 'ਤੇ ਵੀ ਪਹਿਰਾ ਦੇਣ ਲਈ ਸਮੁੱਚੀ ਮਾਨਵਤਾ ਨੂੰ ਆਪਸੀ ਪਿਆਰ, ਪ੍ਰੇਮ ਦਾ ਸੰਦੇਸ਼ ਦਿੱਤਾ। ਉਨ੍ਹਾਂ ਕਿਹਾ ਕਿ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੀ ਸਮੁੱਚੀ ਵਿਚਾਰਧਾਰਾ, ਵਿਗਿਆਨਕ ਆਧਾਰਿਤ ਹੈ ਤੇ ਪੂਰੇ ਬ੍ਰਹਿਮੰਡ ਦੀ ਉਤਪਤੀ ਗੁਰੂ ਜੀ ਦੁਆਰਾ ਰਚੀ ਬਾਣੀ 'ਚੋਂ ਭਲੀ ਭਾਂਤ ਸਮਝੀ ਜਾ ਸਕਦੀ ਹੈ। ਪ੍ਰਿੰ. ਮਨਜੀਤ ਕੌਰ ਮਾਹਲ ਨੇ ਅਕੈਡਮੀ ਵਲੋਂ ਵਿਦਿਆਰਥੀਆਂ 'ਚ ਗੁਰਮਤਿ ਸੋਚ ਪੈਦਾ ਕਰਨ ਲਈ ਕੀਤੇ ਜਾ ਰਹੇ ਉਪਰਾਲਿਆਂ ਬਾਰੇ ਵੀ ਚਾਨਣਾ ਪਾਇਆ। ਉਨ੍ਹਾਂ ਗੁਰੂ ਜੀ ਦੁਆਰਾ ਰਚਿਤ ਮੂਲ ਮੰਤਰ ਨੂੰ ਸਮੁੱਚ ਜੀਵਨ ਦਾ ਆਧਾਰ ਦਸਦਿਆਂ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਆਪਣਾ ਜੀਵਨ ਗੁਰਬਾਣੀ ਦੁਆਰਾ ਦਰਸਾਏ ਰਸਤਿਆਂ 'ਤੇ ਚੱਲਣ ਲਈ ਪ੍ਰੇਰਨਾ ਦਿੱਤੀ। ਇਸ ਮੌਕੇ ਅਕਾਲ ਅਕੈਡਮੀ ਮੰਡੇਰ 'ਤੇ ਚੱਲਣ ਲਈ ਪ੍ਰੇਰਨਾ ਦਿੱਤੀ। ਇਸ ਮੌਕੇ ਅਕਾਲ ਅਕੈਡਮੀ ਮੰਡੇਰ ਦੋਨਾ ਦੇ ਸਟਾਫ ਵਲੋਂ ਸਮਾਜ ਸੇਵੀ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਦਾ ਸਨਮਾਨ ਕੀਤਾ ਗਿਆ ਤੇ ਗੁਰਮਤਿ ਵਿਚਾਰਧਾਰਾ ਅਨੁਸਾਰ ਚੱਲਣ ਲਈ ਵਚਨਬੱਧਤਾ ਕੀਤੀ।

ਪ੍ਰਿੰ. ਮਨਜੀਤ ਮਾਹਲ ਤੇ ਅਧਿਆਪਕ ਸਮਾਜ ਸੇਵੀ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਨੂੰ ਸਨਮਾਨਿਤ ਕਰਨ ਮੌਕੇ। (ਚੌਪੜਾ)

ਪਹਿਰੇਦਾਰ
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ਅਕਾਲ ਅਕੈਡਮੀ ਖਮਾਣੋਂ ਵਿਖੇ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਨੇ ਬੱਚਿਆਂ ਅਤੇ ਅਧਿਆਪਕਾਂ ਨੂੰ ਗੁਰਬਾਣੀ ਨਾਲ ਜੁੜਨ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ

ਖਮਾਣੋਂ 16ਦਸੰਬਰ(ਬਲਬੀਰ ਸਿੰਘ ਸਿੱਧੂ) ਬੀਤੇ ਦਿਨੀਂ ਸੋਸ਼ਲ ਵਰਕਰ ਸ੍ਰੀਮਾਨ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਜੋ ਕਿ ਇੱਕ ਉੱਘੇ ਸਮਾਜ ਸੁਧਾਰਕ ਹਨ, ਅਕਾਲ ਅਕੈਡਮੀ ਖਮਾਣੋਂ ਵਿਖੇ ਸ਼ਿਰਕਤ ਕੀਤੀ । ਉਹਨਾਂ ਨੇ ਆਪਣੇ ਵਿਚਾਰਾਂ ਦੁਆਰਾ ਸਮੂਹ ਬੱਚਿਆਂ ਤੇ ਅਧਿਆਪਕਾਂ ਨੂੰ ਗੁਰਬਾਣੀ ਨਾਲ ਜੁੜਨ ਅਤੇ ਸਮਾਜ ਵਿੱਚ ਸੁਧਾਰ ਕਰਨ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ । ਉਹਨਾਂ ਨੇ ਅਨੇਕਾਂ ਹੀ ਸੱਚੀਆਂ ਉਦਾਹਰਨਾਂ ਦਿੰਦੇ ਹੋਏ ਇਨਸਾਨੀਅਤ ਅਤੇ ਘਟਦੀਆਂ

ਹੋਈਆਂ ਕਦਰਾਂ ਕੀਮਤਾਂ ਨੂੰ ਸਾਂਭਣ ਦੀ ਲੋੜ ਬਾਰੇ ਦੱਸਿਆ । ਉਹਨਾਂ ਨੇ ਆਪਣੇ ਵਿਚਾਰਾਂ ਨੂੰ ਪ੍ਰਭਾਵਸ਼ਾਲੀ ਢੰਗ ਨਾਲ ਪੇਸ਼ ਕਰਨ ਲਈ ਮਹਾਨ ਵਿਅਕਤੀਆਂ ਦੀਆਂ ਜੀਵਨੀਆਂ ਨਾਲ ਸੰਬੰਧਿਤ ਘਟਨਾਵਾਂ ਨੂੰ ਵੀਡੀਓ ਦੇ ਰੂਪ ਵਿੱਚ ਦਿਖਾਇਆ । ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਨੇ ਆਪਣੇ ਨਿੱਜੀ ਜੀਵਨ ਨੂੰ ਵੀ ਸ੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੁਆਰਾ ਦਿੱਤੀਆਂ ਸਿੱਖਿਆਵਾਂ ਅਨੁਸਾਰ ਢਾਲਿਆ ਹੈ ਅਤੇ ਸਮੁੱਚੇ ਸਮਾਜ ਨੂੰ ਵੀ ਇਨ੍ਹਾਂ ਸਿਧਾਂਤਾਂ ਨੂੰ ਅਪਨਾਉਣ ਬਾਰੇ ਉਤਸ਼ਾਹਿਤ ਕੀਤਾ । ਉਦਾਹਰਨ ਦੇ ਤੌਰ ਤੇ ਉਹਨਾਂ ਨੇ ਬੜੂ ਸਾਹਿਬ ਟਰੱਸਟ ਨਾਲ ਮਿਲ ਕੇ ਕੇਰਲਾ ਵਿੱਚ ਹੜ੍ਹ-ਪੀੜਤਾਂ ਦੀ ਮਦਦ ਲਈ ਅੱਗੇ ਹੋ ਕੇ ਯੋਗਦਾਨ ਪਾਇਆ । ਇਸ ਤੋਂ ਇਲਾਵਾ ਉਹਨਾਂ ਨੇ ਆਪਣੀ ਸਵਰਗਵਾਸੀ ਸੁਪਤਨੀ ਦੀ ਯਾਦ ਵਿੱਚ ਵੀ ਕੇ ਕੇ ਮੋਮੋਰੀਅਲ ਵਾਲੰਟੀਅਰ ਵੱਲੋਂ ਪੌਦੇ ਲਗਵਾਏ । ਅਨਾਥ ਬੱਚਿਆਂ ਦੀ ਪੜ੍ਹਾਈ ਲਈ ਵੀ ਉਹ ਆਪਣਾ ਯੋਗਦਾਨ ਪਾ ਰਹੇ ਹਨ । ਇਸ ਤਰ੍ਹਾਂ ਦੀਆਂ ਘਟਨਾਵਾਂ ਨੂੰ ਸਾਂਝੇ ਕਰਦੇ ਹੋਇਆਂ ਉਹਨਾਂ ਨੇ ਬੱਚਿਆਂ ਅਤੇ ਸਮੂਹ ਮਾਨਵਤਾ ਨੂੰ ਬਚਾਉਣ ਲਈ ਇਕ ਵਧੀਆ ਸਮਾਜ ਸਿਰਜਣ ਦੀ ਸੰਧ ਦਿੱਤੀ । ਇਸ ਪ੍ਰਕਾਰ ਉਹਨਾਂ ਨੇ ਆਪਣਾ ਸਾਰਾ ਜੀਵਨ ਹੀ ਸਮਾਜ ਸੇਵਾ ਦੇ ਕਾਰਜਾਂ ਲਈ ਅਰਪਣ ਕੀਤਾ ਹੋਇਆ ਹੈ । ਇਸ ਮੌਕੇ ਤੇ ਪ੍ਰਿੰਸੀਪਲ ਸ੍ਰੀਮਤੀ ਅਮਰਜੀਤ ਕੌਰ ਜੀ ਨੇ ਉਹਨਾਂ ਦਾ ਧੰਨਵਾਦ ਕੀਤਾ ਅਤੇ ਅਕੈਡਮੀ ਵੱਲੋਂ ਉਨ੍ਹਾਂ ਨੂੰ ਸਨਮਾਨ ਚਿੰਨ੍ਹ ਭੇਂਟ ਕੀਤੇ ।

ਇੰਜੀਨੀਅਰਜ਼ (ਇੰਡੀਆ ਸਨਮਾਨਿਤ ਕੀਤਾ

ਉਚੇਰੀ ਸਿੱਖਿਆ ਮੰਤਰੀ, ਤਾਮਿਲਨਾਡੂ ਸਰਕਾਰ ਅਤੇ ਪਦਮਭੂਸ਼ਣ ਡਾ. ਏ ਸਿਵਥਾਨੂ ਪਿੱਲੈ, ਸਾਬਕਾ ਪ੍ਰਤਿਸ਼ਠਾਵਾਨ ਪ੍ਰੋਫੈਸਰ ਇਸ ਤੋਂ ਸਨਮਾਨ ਪ੍ਰਾਪਤ ਕੀਤਾ।

ਅਕਾਲੀ ਅਕੈਡਮੀ ਮੂਲਿਆਂਵਾਲ 'ਚ ਕਰਵਾਇਆ ਸੈਮੀਨਾਰ

ਲਖਬੀਰ ਖੁੰਡਾ, ਧਰੀਵਾਲ

ਅਕਾਲ ਅਕੈਡਮੀ ਮੂਲਿਆਂਵਾਲ ਵਿਖੇ ਬੱਚਿਆਂ ਤੇ ਅਧਿਆਪਕਾਂ ਨੂੰ ਸਮਾਜ ਸੇਵਾ ਤੇ ਗੁਰਬਾਣੀ ਨਾਲ ਜੋੜਨ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ। ਕਲਗੀਧਰ ਟਰੱਸਟ ਬੜੂ ਸਾਹਿਬ ਦੀ ਦੇਖ-ਰੇਖ ਹੇਠ ਚੱਲ ਰਹੀ ਅਕਾਲੀ ਅਕੈਡਮੀ ਮੂਲਿਆਂਵਾਲ ਵਿਖੇ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਵੱਲੋਂ ਸੈਮੀਨਾਰ ਕਰਵਾਇਆ ਗਿਆ। ਜਿਸ 'ਚ ਬੱਚਿਆਂ ਤੇ ਅਧਿਆਪਕਾਂ ਨੇ ਹਿੱਸਾ ਲਿਆ।

ਉਨ੍ਹਾਂ ਨੇ ਆਪਣੇ ਗੁਰਮਤਿ ਵਿਚਾਰਾਂ ਦੁਆਰਾ ਸਮੂਹ ਬੱਚਿਆਂ ਦੇ ਅਧਿਆਪਕਾਂ ਨੂੰ ਗੁਰਬਾਣੀ ਨਾਲ ਜੋੜਨ ਤੇ ਸਮਾਜ 'ਚ ਸੁਧਾਰ ਕਰਨ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ। ਉਨ੍ਹਾਂ ਨੇ ਅਨੇਕਾਂ ਹੀ ਸੰਜਰੀਆਂ ਉਦਾਹਰਣਾਂ ਦਿੰਦੇ ਹੋਏ ਇਨਸਾਨੀਅਤ ਅਤੇ ਘੱਟਦੀਆਂ ਹੋਈਆਂ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਨੂੰ ਸਾਂਭਣ ਦੀ ਲੋੜ ਬਾਰੇ ਦੱਸਿਆ। ਉਹਨਾਂ ਨੇ ਆਪਣੇ ਵਿਚਾਰਾਂ ਨੂੰ ਪ੍ਰਭਾਵਸ਼ਾਲੀ ਢੰਗ ਨਾਲ ਪੇਸ਼ ਕਰਨ ਲਈ ਮਹਾਨ ਵਿਅਕਤੀਆਂ ਦੀਆਂ ਜੀਵਨੀਆਂ ਨਾਲ ਸਬੰਧਿਤ ਘਟਨਾਵਾਂ ਨੂੰ ਵੀਡੀਓ ਦੇ ਰੂਪ ਵਿੱਚ ਦਿਖਾਇਆ।

ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਨੇ ਆਪਣੇ ਨਿਜੀ ਜੀਵਨ ਨੂੰ ਵੀ ਸ੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੁਆਰਾ ਦਿੱਤੀਆਂ ਸਿੱਖਿਆਵਾਂ ਅਨੁਸਾਰ ਢਾਲਿਆ ਹੈ ਤੇ ਸਮੁੱਚੇ ਸਮਾਜ ਨੂੰ ਵੀ ਉਨ੍ਹਾਂ ਸਿਧਾਂਤਾਂ ਬਾਰੇ ਉਤਸ਼ਾਹਿਤ ਕੀਤਾ। ਉਦਾਹਰਣ ਦੇ ਤੌਰ 'ਤੇ ਉਹਨਾਂ ਨੇ ਕਲਗੀਧਰ ਟਰੱਸਟ ਨਾਲ ਮਿਲ ਕੇ ਕੇਰਲਾ ਵਿੱਚ ਹੜ੍ਹ ਪੀੜਤਾਂ ਦੀ ਮਦਦ ਲਈ ਅੱਗੇ ਹੋ ਕੇ ਯੋਗਦਾਨ ਪਾਇਆ। ਇਸ ਤੋਂ ਇਲਾਵਾ ਉਹ ਅਨਾਥ ਬੱਚਿਆਂ ਦੀ ਪੜ੍ਹਾਈ ਵਿੱਚ ਵੀ ਯੋਗਦਾਨ ਪਾ ਰਹੇ ਹਨ। ਇਸ ਤਰ੍ਹਾਂ ਦੀਆਂ ਘਟਨਾਵਾਂ ਨੂੰ ਸਾਂਝੇ ਕਰਦੇ ਹੋਇਆ ਉਨ੍ਹਾਂ ਨੇ ਬੱਚਿਆਂ ਅਤੇ ਸਮੂਹ ਮਾਨਵਤਾ ਨੂੰ ਬੇਚਾਉਣ ਲਈ ਇੱਕ ਵਧੀਆ ਸਮਾਜ ਸਿਰਜਨ ਦੀ ਸੋਚ ਦਿੱਤੀ। ਫੇਸ ਬੁੱਕ ਤੇ ਉਨ੍ਹਾਂ ਨੇ ਆਪਣਾ ਸੱਚਾ ਜੀਵਨ ਸਮਾਜ ਸੇਵਾ ਦੇ ਕਾਰਜਾਂ ਲਈ ਅਰਪਣ ਕੀਤਾ ਹੋਇਆ ਹੈ। ਇਸ ਮੌਕੇ ਤੇ ਪ੍ਰਿੰਸੀਪਲ ਰਜਵੰਤ ਕੌਰ ਨੇ ਉਹਨਾਂ ਦਾ ਧੰਨਵਾਦ ਕੀਤਾ ਅਤੇ ਅਕੈਡਮੀ ਵੱਲੋਂ ਉਨ੍ਹਾਂ ਨੂੰ ਸਨਮਾਨ ਚਿੰਨ ਭੇਟ ਕੀਤੇ।

ਸੈਮੀਨਾਰ ਨੂੰ ਸੰਬੋਧਨ ਕਰਦੇ ਹੋਏ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ।

ਭਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਨੂੰ ਸਨਮਾਨਿਤ ਕਰਦੇ ਹੋਏ ਪ੍ਰਿੰ. ਜਤਿੰਦਰ ਕੌਰ ਘੁੰਮਣ ਤੇ ਹੋਰ।

ਸਮਾਜ ਸੇਵੀ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਦਾ ਸਨਮਾਨ

ਹਰਜਿੰਦਰ ਸਿੰਘ ਖਹਿਰਾ, ਫ਼ਤਹਿਗੜ੍ਹ ਚੂੜੀਆਂ

ਬੀਤੇ ਦਿਨ ਕਲਗੀਧਰ ਟਰੱਸਟ ਦੀ ਬ੍ਰਾਂਚ ਅਕਾਲ ਅਕੈਡਮੀ ਵਿਛੋਆ ਵਿਖੇ ਮਨੁੱਖੀ ਕਦਰਾਂ ਕੀਮਤਾਂ ਵਿਸ਼ੇ ਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਉਡਾਰਨ ਲਈ ਪ੍ਰਿੰਸੀਪਲ ਜਤਿੰਦਰ ਕੌਰ ਘੁੰਮਣ ਦੀ ਅਗਵਾਈ ਹੇਠ 'ਚ ਵਿਸ਼ੇਸ਼ ਸੈਮੀਨਰ ਕਰਵਾਇਆ ਗਿਆ। ਜਿਸ ਵਿਚ ਉੱਘੇ ਸਮਾਜ ਸੇਵੀ ਤੇ ਸਿੱਖ ਵਿਦਵਾਨ ਅਤੇ ਸੇਵਾ ਮੁਕਤ ਸਟੇਟ ਬੈਂਕ ਆਫ ਇੰਡੀਆ ਮੁੰਬਈ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਵਿਸ਼ੇਸ਼ ਤੌਰ 'ਤੇ ਪਹੁੰਚੇ। ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਜੋ ਲੰਬੇ ਸਮੇਂ ਤੋਂ ਸਮਾਜ ਭਲਾਈ ਦੇ ਕੰਮਾਂ ਵਿੱਚ ਵੱਖ-ਵੱਖ ਯਤਨਾਂ ਰਾਹੀ ਆਪਣਾ ਯੋਗਦਾਨ ਪਾ ਰਹੇ ਹਨ, ਉਨ੍ਹਾਂ ਨੂੰ ਅਕਾਲ ਅਕੈਡਮੀ ਵਿਛੋਆ ਦੇ ਪ੍ਰਿੰਸੀਪਲ ਜਤਿੰਦਰ ਕੌਰ ਘੁੰਮਣ ਅਤੇ ਸਟਾਫ ਵੱਲੋਂ ਵਿਸ਼ੇਸ਼ ਤੌਰ 'ਤੇ ਸਨਮਾਨਿਤ ਕੀਤਾ ਗਿਆ ਅਤੇ ਉਨ੍ਹਾਂ ਵੱਲੋਂ ਕੀਤੇ ਜਾ ਰਹੇ ਕੰਮਾਂ ਦੀ ਭਰਵੀ ਸ਼ਲਾਘਾ ਕੀਤੀ ਗਈ। ਇਸ ਮੌਕੇ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਅਤੇ ਅਧਿਆਪਕਾਂ ਨੂੰ ਉਚੇ ਦਰਜ਼ੇ ਦੇ ਇਨਸਾਨ ਬਣਨ, ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੀਆਂ ਸਿੱਖਿਆਵਾਂ ਤੇ ਚੱਲਣ ਅਤੇ ਲੋਕ ਭਲਾਈ ਦੇ ਕੰਮਾਂ ਵਿਚ ਯੋਗਦਾਨ ਦੇਣ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ। ਉਨ੍ਹਾਂ ਕਿਹਾ ਕਿ ਸਿੱਖ ਧਰਮ ਸਰਬ ਸਾਂਝੀਵਾਲਤਾ ਦੇ ਸਿਧਾਂਤ ਤੇ ਪਹਿਰਾ ਦਿੰਦਾ ਹੈ ਅਤੇ ਮਨੁੱਖਤਾ ਦੀ ਸੇਵਾ ਸਭ ਤੋਂ ਉੱਤਮ ਸੇਵਾ ਹੈ। ਇਸ ਮੌਕੇ ਪ੍ਰਿੰਸੀਪਲ ਜਤਿੰਦਰ ਕੌਰ ਘੁੰਮਣ ਨੇ ਸੈਮੀਨਰ ਵਿੱਚ ਆਏ ਮੁੱਖ ਮਹਿਮਾਨ ਤੇ ਸ਼ਖਸੀਅਤਾਂ ਦਾ ਧਨਵਾਦ ਕੀਤਾ।

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ਸ੍ਰੀ ਗੁਰੂ ਤੇਗ ਬਹਾਦਰ ਜੀ ਦੇ 400 ਵੇਂ ਪ੍ਰਕਾਸ਼ ਪੁਰਬ ਤੇ ਬੀ. ਕੇ. ਕੇ. ਮੈਮੋਰੀਅਲ ਫਾਉਂਡੇਸ਼ਨ ਦੀ ਵਿਲੱਖਣ ਸੇਵਾ

ਮਹਾਨ ਕਾਜ ਵਿੱਚ ਕੁਝ ਸਾਂਝ ਦੇ 400 ਸਾਲਾ ਪ੍ਰਕਾਸ਼ ਦਿਹਾੜੇ ਨੂੰ ਸਮਰਪਿਤ, ਮਿਆਦਾ ਆਯੁਰਵੈਦਿਕ ਦੇਣ ਵਾਲੇ ਕੁਦਰੇ ਜ਼ੁਰੂਰਤ ਡਾਕਟਰਾਂ ਵਿੱਚ ਅਤੇ ਮੁਫ਼ੀ ਸਫ਼ਾ ਵਿੱਚ ਸਫ਼ਾਰੇ ਜਾਰੇ ਹਨ। ਪ੍ਰੈਸ ਨੂੰ ਜਾਣਕਾਰੀ ਦਿੰਦਿਆਂ ਡੋਕਟਰ ਜੀ ਨੇ ਦਸਿਆ ਕਿ ਇਸ ਸੇਵਾ ਦੀ ਸ਼ੁਰੂਆਤ ਮੁੰਬਈ ਦੇ ਘਰ, ਪਾਰਕਾਂ, ਰਿਹਾਇਸ਼ ਤੇ ਹਸਪਤਿਆਲ ਸਕਾਸਾਂ ਤੇ 10000 ਬੂਟੇ ਲਗਾ ਕੇ ਤੋ ਚੁਯੀ ਹੈ। ਇਸ ਮੁਹਿੰਮ ਤਹਿਤ ਪੰਜਾਬ, ਹਰਿਆਣਾ, ਉੱਤਰ ਪ੍ਰਦੇਸ਼, ਰਾਜਸਥਾਨ ਆਦਿ ਰਾਜਾਂ ਵਿੱਚ ਸਥਿਤ ਅਕਾਲ ਅਕਾਦਮੀਆਂ ਨੂੰ ਸਾਮਲ ਕੀਤਾ ਜਾਵੇਗਾ। ਪ੍ਰਿਸੀਪਲ ਅਮਰਜੀਤ ਕੌਰ, ਅਕਾਲ ਅਕਾਦਮੀ, ਘਮਣੀ ਵਾਲੇ ਇਸ ਮੌਕੇ ਤੇ ਬੋਲਦਿਆ ਕਿਹਾ "ਡੀ. ਕੇ. ਕੇ. ਮੈਮੋਰੀਅਲ ਫਾਉਂਡੇਸ਼ਨ ਵੱਲੋ ਸਮੇਂ-ਸਮੇਂ ਤੇ ਕੀਤੇ ਜਾ ਰਹੇ ਸਕਾਰਜ ਕਬਜ਼ਾਰੀ ਦੇ ਯੋਗ ਤੇ ਮਨੁੱਖਤਾ ਦੀ ਸੇਵਾ ਦੀ ਮਿਸਾਲ ਕਾਇਮ ਕਰਦੇ ਹਨ। ਸਾਨੂੰ ਉਹ ਮੁੰਬਈ ਦੇ ਕੰਮ ਪਰਮਿਸ਼ਨਾਂ ਦੇ ਸਹਯੋਗ ਦੀ ਸਾਂਝ ਸੰਗਤ ਹੋਰੇ ਤੇ ਜਾ ਰੁੱਖ ਪਰਮੇਸ਼ ਬੁਝਿਆ ਦੀ ਸਾਂਝ ਸੰਗਤ ਤੇ ਪਰਾਣੀ ਦਾ ਮਕਸ਼ ਹੈ, ਸੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਨੇ ਹਸੰਸਾ ਕਾਂਤਮਕ ਕੀਤੇ ਕੇ ਇਹ ਸੇਵਾ ਨਿਸਵਾਰੀ ਹੈ। ਉਹਨਾਂ ਵਾਲੇ ਕਸਟੀਹਰ ਟਰਸਟਾ ਗੁਰੂ ਸਾਹਿਬ ਵੱਲੋਂ ਚਲਾਈਆਂ ਜਾ ਰਹੀਆਂ ਅਕਾਲ ਅਕਾਦਮੀਆਂ ਵਿੱਚ ਵਿਦਿਆਰਥੀਆਂ ਲਈ ਨੈਤਿਕ ਕਦਰਾਂ-ਕੀਮਤਾਂ ਤੇ ਆਧਾਰਿਤ ਸੈਮੀਨਾਰ ਲਗਾਏ ਜਾਂਦੇ ਹਨ। ਮਹਾਂਮਾਰੀ ਦੀ ਲੋਕ ਦੇ ਚਿੰਤ ਕੁਝ ਉਹਨਾਂ ਨੇ ਆਪਣੇ ਜਾਰਾ ਜੀ ਨੋਰਿਸਤ ਕੰਤ ਜੀ ਤੋਂ ਲਏ ਹਨ, ਜੋ 93 ਸਾਲ ਦੀ ਉਮਰ ਵਿੱਚ ਵੀ ਕਿਸੇ ਲੋਤਾ ਵਾਲੇ ਕਰਿਮਾਂ ਅਤੇ ਰੁਖਤ ਹੋਸਲੇਆਂ ਦੀ ਹਾਜ਼ੋਂ ਸੇਵਾ ਕਰਦੇ ਹਨ। ਸੰਸਥਾ ਵੱਲੋਂ ਸਿਰਕੀਨਾ ਲਈ ਕਰੋਨਾ ਮਹਾਮਾਰੀ ਦੌਰਾਨ ਜ਼ਰੂਰਤਮੰਦ ਲੋਕਾਂ ਤਕ ਰਾਸ਼ਨ ਪਹੁੰਚਾਉਣ ਅਤੇ ਆਕਸੀਜਨ ਕੰਸਨਟਰੇਟਰ ਤੇ ਸਾਹ ਦੇ ਉਪਕਰਨ, ਨਿਯੁਲਾਈਜਰ ਆਦਿ ਦੀ ਮੁਹੱਈਆ ਕਰਵਾਏ ਜਾ ਰਹੇ ਹਨ। ਗੁਰੂ ਸਾਹਿਬ ਡੋਕਟਰ ਜੀ ਸੇਵਾ ਸਫ਼ਲ ਕਰਨ ਤੇ ਉਹਨਾਂ ਨੂੰ ਚੰਗਰੁਸਤੀ ਬਖਿਸ਼ ਲੰਮੀ ਜੀਵਨ ਬਖਸ਼ਿਸ਼ ਕਰਨ ਤਾਂ ਜੋ ਉਹ ਮਨੁੱਖਤਾ ਦੀ ਸੇਵਾ ਹੋਰ ਵੀ ਵੱਧ ਚੜ੍ਹ ਕੇ ਕਰ ਸਕਣ।"

ਚੰਡੀਗੜ੍ਹ **(ਪ੍ਰੀਤਮ ਲਧਿਆਣਵੀ)** 6 ਮਈ, 2021 : "ਸਾਂਝ, ਏਕਾਤਾ, ਮਿਆਰ, ਤਿਆਗ, ਸੁਤਬੀਰਤਾ ਅਤੇ ਬਲਿਦਾਨ ਦੀ ਮੂਰਤ, ਮਨੁੱਖੀ ਅਧਿਕਾਰਾਂ ਤੇ ਵਿਚਾਰਾਂ ਦੀ ਅਜਾਦੀ ਦੇ ਰਾਖੇ ਸ੍ਰੀ ਗੁਰੂ ਤੇਗ ਬਹਾਦਰ ਜੀ ਦੇ 400 ਸਾਲਾ ਪ੍ਰਕਾਸ਼ ਗੁਰਪੁਰਬ। ਅਪ੍ਰੈ, 2021 ਨੂੰ ਦੇਸ਼ ਵਿਦੇਸ਼ ਵਿੱਚ ਸਮੂਹ ਸੰਗਤਾਂ ਵੱਲੋਂ ਭਰੀ ਸਰਧਾ ਤੇ ਸਤਿਕਾਰ ਨਾਲ ਮਨਾਏ ਗਏ ਹਨ। ਅਜੋ ਮੁਸਲਿਮਸਤ ਹਾ ਕਿ ਸਾਨੂੰ ਆਪਣੇ ਜੀਵਨ ਕਾਲ ਵਿੱਚ ਧੰਨ ਧੰਨ ਸ੍ਰੀ ਗੁਰੂ ਤੇਗ ਬਹਾਦਰ ਸਾਹਿਬ ਜੀ ਦੇ 400 ਵੇਂ ਪ੍ਰਕਾਸ਼ ਪੁਰਬ ਮਨਾਉਣ ਦਾ ਸੁਭਾਗ ਪ੍ਰਾਪਤ ਹੋਇਆ ਹੈ।"

ਇਸਾ ਸਿਖਾਵਾਂ ਦਾ ਪ੍ਰਚਾਰਾ ਕਰਨ ਵਾਲੇ ਮੁੰਬਈ ਵਾਸੀ ਕੁਲਦੀਪ, ਗਗੀਰਾ ਦੇ ਮਸੀਹਾ, ਸੇਵਾ ਮੁਕਤ ਇੰਜ ਅਕਸਰ ਹਰ ਰਾਣੀ ਕੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਜੀਹ ਜਿਹਾ ਵੱਲੋਂ ਆਪਣੀ ਸੁਪਤਨੀ ਦੀ ਹਿਆਰੀ ਯਾਦ ਵਿੱਚ ਸਥਾਪਤ ਸੰਸਥਾ ਬੀ. ਕੇ. ਕੇ. ਮੈਮੋਰੀਅਲ ਫਾਉਂਡੇਸ਼ਨ ਵੱਲੋਂ ਇਸ ਮਿਹਾਰੇ ਨੂੰ ਸਿਰੇਚੜੇ ਚੱਕ ਨਾਲ ਮਨਾਇਆ ਜਾ ਰਿਹਾ ਹੈ। ਜਿਸ ਤਹਾਂ ਕੁਰਬਾਣੀ ਦਾ ਫੁਰਮਾਨ ਹੈ: "ਜੁਮਿ ਜਿਤਮਿ ਜਿਹਿ ਕਾਹਿਸੈ ਸੋਇਲ"

ਗੁਰੂ ਫੁਰਮਤ ਨਾਲ ਸਾਡੀ ਸਾਂਝ ਦਾ ਧੰਡਾ ਤੇ ਉਹ-ਰੁੱਖ ਅੱਗੇ ਹਰ ਜੀਵ ਦੀ ਹੋਣ ਰੁੱਖ ਸਕਦੇ ਹੈ। ਇਹਹਾਂ ਰੁੱਖ ਜਿਹਾ ਅਸੀਂ ਆਪਣੇ ਹਿਰ ਬਰਕਰਾਰ ਨਹੀਂ ਰੱਖ ਸਕਦੇ, ਇਹਹਾਂ ਰੁੱਖ ਨੇ ਹੀ ਅਕਾਲ ਪੁਰਖ ਸਾਡੀ ਸੰਸਾਰ ਰਾਹ ਨੂੰ ਹਰਿਆ ਬਰਿਆ ਰੱਖ ਕੇ ਸਮੁੱਚੀ ਮਾਨਵਤਾ, ਜੀਵ ਜੰਤੂਆਂ ਨੂੰ ਹੱਸੀ ਨਿਆਰ ਦੀ ਅਨੂੰਠ ਸਗੀ ਵਿੱਚ ਪਰੋ ਰਖਿਆ ਹੈ।

ਰੋਜਾਨਾ ਅਖਬਾਰ ਫਿਰੋਜ਼ਪੁਰ ਦੀ ਅਵਾਜ਼

"ਜੋਰੀ ਮਉਲਿ ਇਸ ਜਗ ਮਝਿਕਿਆ ਹਰਿਆ ਕੀਆ ਸੰਸਾਰੋ।
ਆਬ ਘਾਬ ਨਿਰਤੇ ਕੀਮ ਕਰਾਈ ਪੰਨ ਸਿਰਜਸਤ ਹਾਰੋ।"

ਗੁਰੂ ਸਾਹਿਬਾਨ ਨੇ ਰੁੱਖਾਂ, ਰੁੱਖਾ ਤੇ ਕਲਾਪਤੀ ਨਾਲ ਨਿਆਰ ਕਰਨ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ ਹੈ। ਜਿਸ ਤਰੀਕੇ ਨਾਲ ਅਸੀਂ ਕੁਦਰਤ ਦੇ ਸਰੋਤਾਂ ਕਾਦਰ ਨਾਲ ਹੁਣ ਰੁੱਖੇ ਸਹੀਸੇ ਹੀ ਜੁੜ ਸਕਦੇ ਹਾਂ। ਵਾਤਾਵਰਣ ਦੀ ਸਾਂਭ ਸੰਭਾਲ ਤੇ ਰੁੱਖਾਂ ਦੀ ਅਹਿਮੀਅਤ ਕਰੋਨਾ ਵਰਗੀ ਜਾ ਮੁਰਦਾ ਬਿਮਾਰੀ ਦੇ ਦੌਰਾਨਿਆ ਹੋਰ ਵੀ ਵਧ ਜਾਂਦੀ ਹੈ। ਇਨਸਾਨੀਅਤ ਦੇ ਭਲਾ ਲਾਲ ਇੰਡੀਅਨ ਕੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਨੇ ਆਪਣੀ ਫਾਉਂਡੇਸ਼ਨ ਸੁਆਰਾ ਵਾਤਾਵਰਣ ਦੀ ਸੰਭਾਲ ਤੇ ਆਏ-ਦੁਆਲੇ ਨੂੰ ਹਰਿਆ ਭਰਿਆ ਬਣਾ ਦਾ ਅਗੀਦਾ ਧਾਰਿਆ ਹੈ। ਇਸ

ਅਕਾਲ ਅਕੈਡਮੀ ਪੁਰਾਣੇਵਾਲਾ ਵਿਖੇ ਨੈਤਿਕ ਕਦਰਾਂ ਕੀਮਤਾਂ ਸਬੰਧੀ ਸਮਾਗਮ ਕਰਵਾਇਆ

ਗਾਲਿਬ ਕਲਾਂ,10 ਅਪ੍ਰੈਲ (ਗੋਲਡੀ ਗਾਲਿਬ) ਅਕਾਲ ਅਕੈਡਮੀ ਪੁਰਾਣੇਵਾਲਾ (ਮੋਗਾ) ਵਿਖੇ ਨੈਤਿਕ ਕਦਰਾਂ ਕੀਮਤਾਂ ਦੇ ਵਿਸ਼ੇ ਸੈਮੀਨਾਰ ਕਰਵਾਇਆ ਗਿਆ ਜਿਸ ਵਿਚ ਨੈਤਿਕ ਕਦਰਾਂ ਕੀਮਤਾਂ ਤੇ ਚਾਨਣਾ ਪਾਉਣ ਲਈ ਮੁੱਖਦੀ ਤੌਰ ਜੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਜੀ ਆਏ ਸਨ ਇਸ ਸੈਮੀਨਾਰ ਵਿਚ ਅਕਾਲ ਅਕੈਡਮੀ ਪੁਰਾਣੇਵਾਲਾ ਦੇ ਵਿਦਿਆਰਥੀ ਅਧਿਆਪਕ ਅਤੇ ਪ੍ਰਿਸੀਪਲ ਸਾਹਿਬ ਸ਼ਾਮਿਲ ਸਨ । ਜੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਜੀ ਨੇ ਨੈਤਿਕ ਕਦਰਾਂ ਕੀਮਤਾਂ ਤੇ ਬਹੁਤ ਹੀ ਵਧੀਆ ਸਮਝਾਇਆ । ਉਹਨਾ ਦਾ ਇਹ ਸੈਮੀਨਾਰ ਅੱਜ ਦੀ ਪੀੜੀ ਦੇ ਦਿਮਾਗ ਵਿਚ ਸਹੀ ਨੈਤਿਕ ਕਦਰਾਂ ਕੀਮਤਾਂ ਪਾਉਣ ਲਈ ਬਹੁਤ ਹੀ ਤਕੜਾ ਹਥਿਆਰ ਸੀ । ਇਹ ਸੈਮੀਨਾਰ ਪ੍ਰਸੰਸਾ ਦੇ ਕਾਬਿਲ ਸੀ । ਅੱਜ ਦੇ ਪਦਾਰਥਵਾਦੀ ਵਿਚ ਇਹਨਾ ਨੈਤਿਕ ਕਦਰਾਂ ਕੀਮਤਾਂ ਦੀ ਬਹੁਤ ਘਾਟ ਨਜਰ ਆ ਰਹੀ ਹੈ। ਪਰ ਉਹਨਾ ਨੇ ਇਹਨਾ ਕੀਮਤਾਂ ਦੇ ਪ੍ਰਤੀ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਜਾਗਰੂਕ ਕੀਤਾ । ਉਹਨਾ ਨੇ ਆਪਣੇ ਨਿੱਜੀ ਤਜਰਬੇ ਵਿਚੋਂ ਸਾਨੂੰ ਕਈ ਵੀਡੀਓ ਕਲਿਪਸ ਵੀ ਦਿਖਾਈਆ ਉਹਨਾ ਨੇ ਹਮਦਰਦੀ, ਇਮਾਨਦਾਰੀ , ਜਿੰਮੇਵਾਰੀ , ਧੰਨਵਾਦ ਦੀ ਭਾਵਨਾ , ਮੁਆਫੀ ਮੰਗਣ ਦੀ ਭਾਵਨਾ ਦਾ ਸਾਡੇ ਜੀਵਨ ਵਿਚ ਕੀ ਮਹੱਤਵ ਹੈ । ਸਾਨੂੰ ਚੰਗੀਆ ਉਦਾਹਰਨਾਂ ਦੇ ਕੇ ਸਮਝਾਇਆ । ਅੰਤ ਵਿਚ ਸਕੂਲ ਦੇ ਪ੍ਰਿਸੀਪਲ ਸਹਿਬਾਨ ਨੇ ਉਹਨਾ ਦਾ ਤਹਿ ਦਿਲੋਂ ਧੰਨਵਾਦ ਕੀਤਾ ।

ਸਾਨੂੰ ਕਿਸੇ ਵੀ ਮੁਸ਼ਕਿਲ 'ਚ ਹਿੰਮਤ ਨਹੀਂ ਹਾਰਨੀ ਚਾਹੀਦੀ- ਕੋਹਲੀ

ਏਲਨਾਬਾਦ, 22 ਜਨਵਰੀ (ਜਗਤਾਰ ਸਮਾਲਸਰ)- ਸਥਾਨਿਕ ਅਕਾਲ ਅਕੈਡਮੀ ਵਿਚ ਇਕ ਪ੍ਰੋਗਰਾਮ ਕਰਵਾਇਆ ਗਿਆ, ਜਿਸ ਵਿਚ ਸਮਾਜ ਸੇਵੀ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਨੇ ਬੱਚਿਆਂ ਨੂੰ ਮਨੁੱਖੀ ਜੀਵਨ ਦੌਰਾਨ ਚੰਗੇ ਕੰਮਾਂ ਲਈ ਜ਼ਿੰਦਗੀ ਜਿਉਂਣ ਦੀ ਸਿੱਖਿਆ ਦਿੱਤੀ। ਕੋਹਲੀ ਨੇ ਮਨੁੱਖੀ ਧਰਮ ਲਈ ਆਪਣੇ ਵਿਚਾਰ ਸਾਂਝੇ ਕੀਤੇ। ਉਨ੍ਹਾਂ ਦਿਨੋਂ-ਦਿਨ ਸਮਾਜ ਵਿਚ ਘਟਦੀਆਂ ਨੈਤਿਕ ਕਦਰ ਕੀਮਤਾਂ 'ਤੇ ਚਿੰਤਾ ਅਤੇ ਦੁੱਖ ਪ੍ਰਗਟ ਕੀਤਾ। ਉਨ੍ਹਾਂ ਬੱਚਿਆਂ ਨੂੰ ਮਨੁੱਖਤਾ ਲਈ ਜਾਗਰੂਕ ਕਰਦਿਆਂ ਆਖਿਆ ਕਿ ਚਾਹੇ ਕਿੰਨੀ ਦੀ ਵੀ ਮੁਸ਼ਕਿਲ ਹੋਵੇ ਸਾਨੂੰ ਹਿੰਮਤ ਨਹੀਂ ਹਾਰਨੀ ਚਾਹੀਦੀ। ਜੀਵਨ ਵਿਚ ਸਾਨੂੰ ਸਵਾਰਥੀ ਹੋ ਕੇ ਕੰਮ ਨਹੀਂ ਕਰਨੇ ਚਾਹੀਦੇ ਸਗੋਂ ਸਮਾਜ ਦੀ ਭਲਾਈ ਦੇ ਕੰਮ ਕਰਨੇ ਚਾਹੀਦੇ ਹਨ। ਇਹੋ ਹੀ ਇਕ ਸੱਚੀ ਸਮਾਜ ਸੇਵਾ ਹੈ। ਸਾਨੂੰ ਸਮਾਜ ਸੇਵੀ ਸੰਸਥਾਵਾਂ ਨਾਲ ਜ਼ਰੂਰ ਜੁੜਨਾ ਚਾਹੀਦਾ ਹੈ ਤਾਕਿ ਅਸੀਂ ਜੀਵਨ ਦੀ ਖ਼ੁਸ਼ੀ ਹਾਸਲ ਕਰ ਸਕੀਏ। ਅਕੈਡਮੀ ਦੀ ਮੁੱਖ ਅਧਿਆਪਕਾ ਜਤਿੰਦਰ ਕੌਰ ਨੇ ਅਕੈਡਮੀ ਵਿਚ ਪਹੁੰਚਣ 'ਤੇ ਉਨ੍ਹਾਂ ਦਾ ਧੰਨਵਾਦ ਕੀਤਾ।

ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸੰਬੋਧਨ ਕਰਦੇ ਹੋਏ ਸਮਾਜ ਸੇਵੀ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ। ਤਸਵੀਰ: ਜਗਤਾਰ ਸਮਾਲਸਰ

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ਹਰ ਸੱਚ ਦਾ
A Leading Punjabi Daily
ਪਹਿਰੇਦਾਰ

ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਨੇ ਕੀਤਾ ਅਕਾਲ ਅਕੈਡਮੀ ਖਮਾਣੋਂ ਦਾ ਦੌਰਾ

ਖਮਾਣੋਂ • ਬਲਬੀਰ ਸਿੰਘ ਸਿੱਧੂ

ਅਕਾਲ ਅਕੈਡਮੀ ਖਮਾਣੋਂ ਵਿਖੇ ਉੱਘੇ ਸਮਾਜ ਸੇਵਕ ਅਤੇ ਸਾਬਕਾ ਸੀਨੀਅਰ ਬੈਂਕ ਅਧਿਕਾਰੀ ਸਰਦਾਰ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਬੱਚਿਆਂ ਨੂੰ ਸਬੰਧਨ ਕਰਨ ਲਈ ਵਿਸ਼ੇਸ਼ ਤੌਰ ਪਹੁੰਚੇ। ਜਾਣਕਾਰੀ ਦਿੰਦਿਆ ਅਕੈਡਮੀ ਦੇ ਪ੍ਰਿੰਸੀਪਲ ਅਮਰਜੀਤ ਕੌਰ ਨੇ ਦੱਸਿਆ ਕਿ ਸਰਦਾਰ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਜੋ ਕਿ ਪਿਛਲੇ ਕੁਝ ਦਿਨਾਂ ਤੋਂ ਅਕਾਲ ਅਕੈਡਮੀਆਂ ਦੇ ਵਿਸ਼ੇਸ਼ ਦੌਰੇ ਤੇ ਹਨ ਉਹ ਸਮਾਜ ਦੇ ਅਣਦੇਖੇ ਅਤੇ ਜਰੂਰੀ ਸਹੂਲਤਾਂ ਤੋਂ ਵਾਂਝੇ ਲੋਕਾਂ ਦੀ ਸੇਵਾ ਵਿੱਚ ਪਿਛਲੇ 30 ਸਾਲਾਂ ਤੋਂ ਸਰਗਰਮ ਹਨ ਉਹ ਸਮਾਜ ਦੇ ਦੱਬੇ ਕੁਚਲੇ ਤਬਕਿਆਂ ਨੂੰ ਆਪਣੀ ਉਰਜਾ ਭਰਪੂਰ ਭਾਸ਼ਣ ਕਲਾ ਨਾਲ ਜਿੰਦਗੀ ਵਿੱਚ ਮਿੱਥੇ ਨਿਸ਼ਾਨੇ ਹਾਸਿਲ ਕਰਨ ਲਈ ਪ੍ਰੇਤਸਾਹਿਤ ਕਰਨ ਲਈ ਜਾਣੇ ਜਾਂਦੇ ਹਨ ਉਨ੍ਹਾਂ ਨੇ ਆਪਣਾ ਸਫਰ ਅਣਵਰਤੀਆਂ ਅਤੇ ਮੈਪਸ ਦਵਾਈਆਂ ਡਾਕਟਰਾਂ ਤੋਂ ਹਾਸਿਲ ਕਰ ਕੇ ਪੱਛੜੇ

ਕਸਬੇਲਿਆਂ ਵਿੱਚ ਮਹੱਲੀਆ ਕਲਵਾਉਣ ਨਾਲ ਸ਼ੁਰੂ ਕੀਤਾ। ਕੋਹਲੀ ਸਾਹਿਬ ਲਗਾਤਾਰ ਅਨਾਥ ਬੱਚੀਆਂ, ਬਜੁਰਗ ਲੋਕਾ ਅਤੇ ਕੋਡ੍ਹੀਆ ਦੇ ਇਲਾਜ ਦੀ ਸੇਵਾ ਕਰ ਰਹੇ ਹਨ ਇਸ ਤੋਂ ਪਹਿਲਾਂ ਤਾਮਿਲਨਾਡੂ ਦੇ ਸੁਨਾਮੀ, ਗੁਜਰਾਤ ਦੇ ਭੂਚਾਲ, ਮੁੰਬਈ ਦੇ ਰੇਲ ਧਮਾਕੇ, ਤਾਜ ਅੱਤਵਾਦੀ ਹਮਲਾ, ਉਤਰਕਾਸ਼ੀ ਅਤੇ ਜੰਮੂ ਕਸ਼ਮੀਰ ਦੇ ਭਿਆਨਕ ਹੜ੍ਹਾਂ ਦੇ ਬਚਾਉ ਕਾਰਜ ਵਿੱਚ ਮੋਹਰੀ ਭੂਮਿਕਾ ਨਿਭਾਈ ਉਨ੍ਹਾਂ ਨੂੰ ਵੱਖ-ਵੱਖ ਸਰਕਾਰੀ ਅਦਾਰਿਆਂ ਵੱਲੋਂ ਸਨਮਾਨਿਤ ਕੀਤਾ ਜਾ ਚੁੱਕਾ ਹੈ ਅਤੇ ਉਨ੍ਹਾਂ ਦਾ ਨਾਮ ਕੋਸ਼ ਸੰਭਾਲ ਸੰਸਥਾ ਵੱਲੋਂ ਲਿਖੀ ਕਿਤਾਬ ਵਿੱਚ ਵਿਸ਼ਵ ਦੇ 500 ਅਦਾਰਸ਼ ਸਿੱਖਾਂ ਦੇ ਵਿੱਚ ਚੁਣਿਆ ਗਿਆ ਹੈ।

ਉਨ੍ਹਾਂ ਨੂੰ ਦੇਸ਼-ਵਿਦੇਸ਼ ਵਿੱਚ ਮਾਨਵਤਾ ਦੀ ਸੇਵਾ ਦੇ ਤਮਗਿਆਂ ਨੂੰ ਸਾਝਾਂ ਕਰਨ ਤੇ ਉਹਨਾਂ ਦੇ ਵਡਮੁੱਲੇ ਵਿਚਾਰਾਂ ਲਈ ਵੱਖ-ਵੱਖ ਸਕੂਲਾਂ ਕਾਲਜਾਂ ਸਨਅਤੀ ਅਦਾਰਿਆਂ ਅਤੇ ਸੰਸਥਾਵਾਂ ਵੱਲੋਂ ਸਮੇ-ਸਮੇ ਤੇ ਬੁਲਾਇਆ ਜਾ ਚਿਹਾ ਹੈ ਜਿਨ੍ਹਾਂ ਵਿੱਚ ਯੂ.ਕੇ., ਯੂ.ਐਸ.ਏ., ਯੂ.ਏ.ਈ., ਹਾਗਕਾਗ ਆਦਿਕ ਖਾਸ ਵਰਣਨਯੋਗ ਹਨ।

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ਗਰੀਬਾਂ ਦਾਂ ਮਸੀਹਾ ਤੇ ਸਿਰਮੌਰ ਕਲਮ : ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ

ਦੇਸ ਪ੍ਰਦੇਸ

ਕਹਿੰਦੇ ਹਨ ਕਿ ਅਕਾਲ-ਪੁਰਖ ਕੁਝ ਇਕ ਰੂਹਾਂ ਨੂੰ ਮਾਤ-ਲੋਕ ਵਿਚ ਭੇਜਦਾ ਹੀ ਇਹ ਗੁੜਤੀ ਦੇ ਕੇ ਹੈ ਕਿ ਉਨਾਂ ਨੇ ਜ਼ਿੰਦਗੀ ਦਾ ਆਪਣਾ ਪਲ-ਪਲ ਦੂਜਿਆਂ ਵਾਸਤੇ ਹੀ ਨਿਸ਼ਾਵਰ ਕਰ ਦੇਣਾ ਹੁੰਦਾ ਹੈ। ਉਨਾਂ ਨੂੰ ਸਕੂਨ ਮਿਲਦਾ ਹੈ, ਦੂਜਿਆਂ ਦੀ ਮਦਦ ਕਰ ਕੇ। ਅੰਮ੍ਰਿਤ ਵੇਲੇ ਉਠ ਕੇ ਲਏ ਜਾਣ ਵਾਲੇ ਅਜਿਹੇ ਵਿਰਲਿਆਂ ਨਾਵਾਂ 'ਚੋਂ ਇਕ ਪਾਕਿ-ਪਵਿੱਤਰ ਨਾਂਉ ਹੈ- ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ। 16 ਮਈ 1960 ਨੂੰ ਮੁੰਬਈ ਵਿਖੇ ਮਾਤਾ ਜੋਗਿੰਦਰ ਕੌਰ ਦੀ ਪਾਕਿ ਕੁੱਖੋਂ ਪਿਤਾ ਸ. ਜਗਜੀਤ ਸਿੰਘ ਕੋਹਲੀ ਜੀ ਦੇ ਘਰ ਜਨਮੇ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਦੀ ਉਪਜੀਵਕਾ ਦਾ ਸਰੋਤ ਸੰਨ 1980 ਵਿਚ ਸਟੇਟ ਬੈਂਕ ਆਫ ਇੰਡੀਆ ਬਣ ਗਿਆ ਸੀ। ਬੈਂਕ ਦੀਆਂ ਸੇਵਾਵਾਂ ਨੂੰ ਮਿਹਨਤ, ਲਗਨ ਇਮਾਨਦਾਰੀ ਅਤੇ ਦਿਆਨਤਦਾਰੀ ਨਾਲ ਨਿਭਾਉਣ ਦੇ ਨਾਲ-ਨਾਲ ਕਿਰਤ ਕਰੋ, ਨਾਮ ਜਪੋ, ਵੰਡ ਛਕੋ ਤਹਿਤ, ਜੀਵਨ ਦੀਆਂ ਅਨਮੋਲ ਘੜੀਆਂ ਨੂੰ ਲੋੜਵੰਦ ਗਰੀਬਾਂ, ਰੋਗ-ਪੀੜਤਾਂ, ਨਿਆਸਰਿਆਂ, ਕੁਦਰਤੀ ਆਫਤਾਂ ਵਿਚ ਘਿਰੀ ਲੋਕਾਈ ਦੀ ਸਹਾਇਤਾ, ਮੁਸੀਬਤ ਵਿੱਚ ਫਸੇ ਲੋਕਾਂ ਲਈ ਰਾਹਤ ਜੁਟਾਉਣ ਵਰਗੇ ਸਮਾਜ-ਸੇਵਾ ਦੇ ਕਾਰਜਾਂ ਲੇਖੇ ਲਾਉਣਾ ਜਿਥੇ ਆਪ ਜੀ ਦਾ ਰਗ-ਰਗ ਵਿਚ ਵਸ ਚੁੱਕਾ ਨੇਮ ਹੈ, ਉਥੇ ਉਨਾਂ ਦਾ ਸੰਤੋਸ਼-ਜਨਕ ਰੁਝੇਵਾਂ ਵੀ ਹੈ।

ਘਰ ਪਈ ਅਣ-ਵਰਤੋਂ ਵਾਲੀ ਵਸਤੂ ਕਿਸੇ ਲੋੜਵੰਦ ਨੂੰ ਦੇਣ ਦੀ ਸੇਵਾ ਤਾਂ ਆਮ ਲੋਕ ਕਰ ਸਕਦੇ ਹਨ, ਪਰ ਬਾਂ-ਬਾਂ ਤੋਂ ਪੁਰਾਣੇ ਕੱਪੜੇ, ਭਾਂਡੇ, ਖਿਡੌਣੇ, ਚੰਗਾ ਸਾਹਿਤ, ਵਰਤੋਂ ਯੋਗ ਦਵਾਈਆਂ, ਫਰੀ ਸੈਂਪਲ ਇਕੱਠੇ ਕਰਕੇ ਲੋੜਵੰਦ ਚੈਰੀਟੇਬਲ ਸੰਸਥਾਵਾਂ, ਯਤੀਮ ਗਰੀਬ ਬੱਚਿਆਂ, ਬਿਰਧ ਘਰਾ ਤੱਕ ਪਹੁੰਚਾਉਣਾ, ਆਫਤ ਵਿਚ ਫਸੇ ਜਖਮੀਆਂ ਬਿਮਾਰਾਂ ਲਈ ਆਪਣੀ ਨਿੱਜੀ ਕਾਰ ਨੂੰ ਐਂਬੂਲੈਂਸ ਦੇ ਤੌਰ ਤੇ ਦਿਨ-ਰਾਤ ਸੇਵਾ ਲਈ ਅਰਪਨ ਕਰਨਾ ਆਦਿਕ ਸੇਵਾਵਾਂ ਭੁਪਿੰਦਰ ਸਿੰਘ ਜਿਹੇ ਵਿਰਲੇ ਰੋਬ-ਰੂਪ ਇਨਸਾਨ ਹੀ ਕਰ ਸਕਦੇ ਹਨ। ਫਿਰ, 4800 ਦੇ ਲਗਭਗ ਖੂਨਦਾਨੀਆਂ ਦੀ ਮੁਕੰਮਲ ਬਲੱਡ ਗਰੁੱਪ ਡਾਇਰੈਕਟਰੀ ਤਿਆਰ ਕਰਨ ਵਰਗਾ ਸਲਾਘਾ ਯੋਗ ਕਾਰਜ ਵੀ ਸਿਰਫ-ਤੇ-ਸਿਰਫ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਵਰਗੇ ਉਦਮੀ, ਸਿਰੜੀ ਮਿਹਨਤੀ, ਤਪੱਸਵੀ ਅਤੇ ਲੋਹ-ਪੁਰਸ਼ਾਂ ਦੇ ਹਿੱਸੇ ਹੀ ਆਉਂਦਾ ਹੈ।

2001 ਗੁਜਰਾਤ ਦੇ ਭੂਚਾਲ, 2004 ਤੱਟਿਲ ਤਾਮਿਲਨਾਡੂ ਅਤੇ ਅੰਡੇਮਾਨ ਨਿਕੋਬਾਰ ਸੁਨਾਮੀ, 2005 ਸੂਰਤ ਅਤੇ ਮੁੰਬਈ ਦੇ ਤੂਫ਼ਾਨ, 2006 ਦੇ ਮੁੰਬਈ ਟਰੇਨ ਬਲਾਸਟ, 2008 ਮੁੰਬਈ ਅੱਤਵਾਦੀ ਅਟੈਕ, 2014 ਸ੍ਰੀ ਨਗਰ ਹੜ ਆਦਿ ਲਈ ਆਪ

ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ, ਮੁੰਬਈ

ਦੀਆਂ ਨਿਭਾਈਆਂ ਸੇਵਾਵਾਂ ਅਤੇ ਹੋਰ ਅਨੇਕਾਂ ਸਮਾਜ ਭਲਾਈ ਦੇ ਕਾਰਜਾਂ ਬਦਲੇ ਆਪ ਜੀ ਨੂੰ ਦੇਸ਼-ਵਿਦੇਸ਼ ਦੀਆਂ ਵੱਖ-ਵੱਖ ਸੰਸਥਾਵਾਂ ਵੱਲੋਂ ਸੈਂਕੜੇ ਸਨਮਾਨ ਮਿਲ ਚੁੱਕੇ ਹਨ, ਜਿਨਾਂ ਵਿਚੋਂ ਲਾਈਨਜ਼ ਕਲੱਬ ਆਊਟ ਸਟੈਂਡਿੰਗ ਹੁਮੈਨੀਟੇਰੀਅਨ ਸਰਵਿਸ- (2006), ਰੋਟਰੀ ਕਲੱਬ ਆੱਫ ਮੁਲੁੰਡ (2008), ਰੋਟਰੀ ਕਲੱਬ ਆੱਫ ਮਿਲੀਨੀਅਮ ਸਿਟੀ (2009), ਸਮਾਜ ਸ਼ਕਤੀ ਅਵਾਰਡ (2010), ਪਰਮਾਨੰਦ ਅਵਾਰਡ (2011), ਸਿੱਖ ਅਵਾਰਡ ਲੰਦਨ (2012), ਕਰਮਵੀਰ ਪੁਰਸਕਾਰ (2012), ਭਾਈ ਘਨਈਆ ਸੇਵਾ ਅਵਾਰਡ ਅੰਮ੍ਰਿਤਸਰ (2013), ਭਾਈ ਘਨੱਈਆ ਅਵਾਰਡ ਅੰਮ੍ਰਿਤਸਰ (2014), ਭਾਈ ਗੁਰਦਾਸ ਅਵਾਰਡ, ਅੰਮ੍ਰਿਤਸਰ (2015), ਸੇਵਾ ਹੁਮੈਨੀਟੇਰੀਅਨ ਅਵਾਰਡ, ਦੁਬਈ (2018), ਪਰਾਈਡ ਆੱਫ ਇੰਡੀਆ ਅਵਾਰਡ, ਇੰਦੌਰ (2019), ਆਦਿ ਦਾ ਜਿਕਰ ਕੀਤੇ ਬਿਨਾਂ ਨਹੀ ਰਿਹਾ ਜਾ ਸਕਦਾ। ਇਸਤੋਂ ਇਲਾਵਾ ਕੇਸ ਸੰਭਾਲ ਪਰਚਾਰ ਸੰਸਥਾ, ਨਵੀਂ ਦਿੱਲੀ ਦੁਆਰਾ ਰਿਲੀਜ਼ ਕੀਤੀ ਗਈ ਕਿਤਾਬ ਦੇ ਤਹਿਤ ਵਿਸ਼ਵ ਭਰ ਤੋਂ ਆਪ ਨੂੰ ਪੰਜ ਸੌ ਸਿੱਖ ਰੋਲ ਮਾਡਲਾਂ ਵਿਚ ਸ਼ਾਮਲ ਕੀਤਾ ਜਾਣਾ ਉਨਾਂ ਦੇ ਕੋਦ ਨੂੰ ਹੋਰ ਵੀ ਅੰਬਰਾਂ ਵੱਲ ਲਿਜਾਂਦਾ ਹੈ। ਇਕ ਸਵਾਲ ਦਾ ਜੁਵਾਬ ਦਿੱਦਿਆਂ ਕੋਹਲੀ ਜੀ ਨੇ ਕਿਹਾ, "ਮੈਨੂੰ ਭਾਰਤ ਵਿੱਚ ਵੱਖ-ਵੱਖ ਸਕੂਲਾਂ, ਕਾਲਜਾਂ, ਕਾਰਪੋਰੇਟ ਅਤੇ ਸੰਸਥਾਵਾਂ ਦੇ ਨਾਲ-ਨਾਲ ਵਿਦੇਸ਼ਾਂ ਵਿੱਚ ਯੂਕੇ-ਲੰਡਨ, ਦੁਬਈ, ਹਾਂਗਕਾਂਗ ਅਤੇ ਇੰਡੋਨੇਸ਼ੀਆ ਆਦਿ ਅਨੇਕਾਂ ਦੇਸ਼ਾਂ ਵਿਚ ਮਨੁੱਖਤਾ ਦੀ ਸੇਵਾ ਕਰਨ ਦੇ ਆਪਣੇ ਤਜ਼ੁਰਬੇ ਨੂੰ ਸਾਂਝਾ ਕਰਨ ਲਈ ਸਪੀਕਰ ਵਜੋਂ ਬੁਲਾਇਆ ਗਿਆ ਹੈ।"

ਕੋਹਲੀ ਜੀ ਦੀ ਕਲਮ ਦੀ ਗੋਲ ਕਰੀਏ ਤਾਂ ਬੜੂ ਸਾਹਿਬ ਦੀ ਇੰਟਰਨਲ ਵੈਇਸ ਮੈਗਜ਼ੀਨ, ਕੋਲਕਾਤਾ ਤੋਂ ਸਿੱਖ ਰਿਵਿਊ, ਲਖਨਊ ਤੋਂ ਅਮਨ ਸ਼ਾਂਤੀ, ਰੋਪੜ ਤੋਂ ਮਿਸ਼ਨਰੀ ਸੇਧਾਂ, ਅੰਮ੍ਰਿਤਸਰ ਤੋਂ ਪਿੰਗਲਵਾੜਾ ਆਦਿ ਭਾਰਤ ਦੇ ਕੋਨੇ-ਕੋਨੇ ਦੀਆਂ ਅਨੇਕਾਂ ਅਖਬਾਰਾਂ ਤੇ ਮੈਗਜ਼ੀਨਾਂ ਵਿਚ ਕੋਹਲੀ ਜੀ ਦੇ ਲੇਖ ਪ੍ਰਕਾਸ਼ਤ ਕੀਤੇ ਗਏ ਹਨ। ਇਸ ਤੋਂ ਇਲਾਵਾ ਦੇ ਪ੍ਰਸਤਕਾਂ, "ਦਾ ਐਵਰੀ ਡੇ ਐਂਡ ਬਿਓਂਡ" ਅਤੇ "ਫ਼ਸਟਏਡ ਫਾਰ ਦੀ ਲੇਮੈਨ" ਦਾ ਸੰਗ੍ਰਹਿ ਵੀ ਉਨਾਂ ਨੇ ਕੀਤਾ ਹੈ। ਜਿਸਦੀ ਡੇਕਸਲ ਯੂਨੀਵਰਸਿਟੀ ਕਾਲਜ ਆਫ ਨਰਸਿੰਗ ਐਂਡ ਹੈਲਥ ਪ੍ਰੋਫੈਸ਼ਨਜ਼, ਫਿਲਡੇਲਫੀਆ, ਯੂ. ਐਸ. ਏ, ਸ਼੍ਰੋਮਣੀ ਗੁਰੂਦਵਾਰਾ ਪ੍ਰਬੰਧਕ ਕਮੇਟੀ ਅੰਮ੍ਰਿਤਸਰ, ਬਾਬਾ ਬੰਦਾ ਸਿੰਘ ਬਹਾਦਰ ਇੰਜੀਨੀਅਰਿੰਗ ਕਾਲਜ, ਫਤਿਹਗੜ ਸਾਹਿਬ ਨੇ ਭਰਵੀਂ ਸ਼ਲਾਘਾ ਕੀਤੀ ਹੈ। ਧਰਤੀ ਉਤੇ ਜਿੰਨੇ ਅੱਤਿਆਚਾਰ, ਪਾਪ ਤੇ ਜ਼ੁਲਮ ਹੋ ਰਹੇ ਹਨ, ਸ਼ਾਇਦ ਹੁਣ ਤੱਕ ਨਿਘਰ ਹੀ ਜਾਂਦੀ ਜੇਕਰ ਮਨੁੱਖੀ ਜਾਮੇ ਵਿਚ ਇਹੋ ਜਿਹੀਆਂ ਰੂਹਾਂ ਇਸ ਮਾਤ-ਲੋਕ ਵਿਚ ਨਾ ਹੁੰਦੀਆਂ। ਧੰਨ ਹਨ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਅਤੇ ਧੰਨ ਹਨ ਉਨਾਂ ਦੇ ਮਾਂ-ਬਾਪ, ਜਿਨਾਂ ਨੇ ਇੰਨਸਾਨੀਅਤ ਦੀ ਐਸੀ ਸੱਚੀ-ਸੁੱਚੀ ਪਾਕਿ ਰੂਹ ਨੂੰ ਜਨਮ ਦਿੱਤਾ।

ਗਰੀਬਾਂ ਦੇ ਇਸ ਮਸੀਹੇ ਨੂੰ ਜਿੱਥੇ ਕਲਮ ਨਤ-ਮਸਤਕ ਹੋ ਕੇ ਸਲਾਮ ਕਰਦੀ ਹੈ, ਉਥੇ ਉਨਾਂ ਦੀ ਯੁੱਗਾਂ ਦੇ ਹਾਣ ਦੀ ਉਮਰ ਹੋਣ ਲਈ ਵੀ ਦਿਲੀ ਦੁਆਵਾਂ ਕਰਦੀ ਹੈ।

ਪ੍ਰਿੰਸੀਪਲ ਜਤਿੰਦਰ ਕੌਰ ਘੁੰਮਣ ਭਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਨੂੰ ਸਨਮਾਨਿਤ ਕਰਦੇ ਹੋਏ। ਨਾਲ ਅਕੈਡਮੀ ਸਟਾਫ। ਤਸਵੀਰ : ਸੰਧੂ ਸੁਧਾਰ

ਅਕਾਲ ਅਕੈਡਮੀ ਵਿਛੋਆ 'ਚ ਉੱਚ ਕਦਰਾਂ ਕੀਮਤਾਂ ਵਿਸ਼ੇ 'ਤੇ ਸੈਮੀਨਾਰ

ਸੁਧਾਰ, 8 ਅਪ੍ਰੈਲ (ਜਸਵਿਦਰ ਸਿੰਘ ਸੰਧੂ)-ਬੀਤੇ ਦਿਨ ਕਲਗੀਧਰ ਟਰੱਸਟ ਦੀ ਬ੍ਰਾਂਚ ਅਕਾਲ ਅਕੈਡਮੀ ਵਿਛੋਆ ਵਿਖੇ ਮਨੁੱਖੀ ਕਦਰਾਂ ਕੀਮਤਾਂ ਨੂੰ ਵਿਦਿਆਰਥੀਆਂ ਉਭਾਰਨ ਲਈ ਪ੍ਰਿੰਸੀਪਲ ਜਤਿੰਦਰ ਕੌਰ ਘੁੰਮਣ ਦੀ ਅਗਵਾਈ ਹੇਠ 'ਚ ਵਿਸ਼ੇਸ਼ ਸੈਮੀਨਾਰ ਕਰਵਾਇਆ ਗਿਆ, ਜਿਸ ਵਿਚ ਉਘੇ ਸਮਾਜ ਸੇਵੀ ਤੇ ਸਿੱਖ ਵਿਦਵਾਨ ਅਤੇ ਸੇਵਾਮੁਕਤ ਸਟੇਟ ਬੈਂਕ ਆਫ ਇੰਡੀਆ ਮੁੰਬਈ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਵਿਸ਼ੇਸ਼ ਤੌਰ 'ਤੇ ਪਹੁੰਚੇ। ਇਸ ਮੌਕੇ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਅਤੇ ਅਧਿਆਪਕਾਂ ਨੂੰ ਉਚ ਦਰਜ਼ੇ ਦੇ ਇਨਸਾਨ ਬਣਨ, ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੀਆਂ ਸਿੱਖਿਆਵਾਂ 'ਤੇ ਚੱਲਣ ਅਤੇ ਲੋਕ ਭਲਾਈ ਦੇ ਕੰਮਾਂ ਵਿਚ ਯੋਗਦਾਨ ਦੇਣ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ। ਪ੍ਰਿੰਸੀਪਲ ਜਤਿੰਦਰ ਕੌਰ ਘੁੰਮਣ ਨੇ ਸੈਮੀਨਾਰ ਵਿਚ ਆਏ ਮੁੱਖ ਮਹਿਮਾਨ, ਸ਼ਖਸੀਅਤਾਂ ਦਾ ਧੰਨਵਾਦ ਕੀਤਾ।

ਅਜੀਤ ਮਾਨਸਾ 7

ਮਾਨਵਤਾ ਦੀ ਸੇਵਾ ਸਬੰਧੀ ਸੈਮੀਨਾਰ ਲਗਾਇਆ

ਸਰਦੂਲਗੜ੍ਹ, 6 ਦਸੰਬਰ (ਪ.ਪ.)- ਅਕਾਲ ਅਕੈਡਮੀ ਕੋੜੀਵਾੜਾ ਵਿਖੇ ਬੱਚਿਆਂ ਨੂੰ ਮਾਨਵਤਾ ਦੀ ਸੇਵਾ ਨਾਲ ਜੋੜਨ ਲਈ ਦਿੱਲੀ ਦੀ ਬੀ.ਕੇ.ਐੱਮ.ਕੀਅਲ ਸੰਸਥਾ ਵਲੋਂ ਇਕ ਸੈਮੀਨਾਰ ਲਾਇਆ ਗਿਆ। ਸੰਸਥਾ ਦੇ ਸੰਚਾਲਕ ਭੁਪਿੰਦਰ ਸਿੰਘ ਕੋਹਲੀ ਨੇ ਮਨੁੱਖਤਾ ਦੀ ਸੱਚੀ ਸੇਵਾ ਦੇ ਵਿਸ਼ੇ 'ਤੇ ਵਿਸਥਾਰ ਨਾਲ ਜਾਣਕਾਰੀ ਦਿੰਦੇ ਹੋਏ ਅਕੈਡਮੀ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਦੀਨ ਦੁਖੀਆਂ ਦੀ ਸੇਵਾ ਲਈ ਹਮੇਸ਼ਾ ਤਤਪਰ ਰਹਿਣ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ। ਉਨ੍ਹਾਂ ਕਿਹਾ ਬੰਦਾ ਹੀ ਬੰਦੇ ਦੀ ਦਾਰੂ ਹੁੰਦਾ ਹੈ ਤੇ ਲੋੜਵੰਦ ਲੋਕਾਂ ਦੀ ਮਦਦ ਕਰਨ ਵਾਲੇ ਭਲੇ ਮਨੁੱਖਾਂ ਤੇ ਪ੍ਰਮਾਤਮਾ ਦੀ ਅਪਾਰ ਕਿਰਪਾ ਬਣੀ ਰਹਿੰਦੀ ਹੈ। ਇਸ ਮੌਕੇ ਪ੍ਰਿੰਸੀਪਲ ਬਲਜੀਤ ਕੌਰ ਭੁੱਲਰ, ਪ੍ਰਬੰਧਕੀ ਅਫਸਰ ਕਰਨੈਲ ਸਿੰਘ ਤੇ ਦੂਸਰੇ ਸਟਾਫ ਮੈਂਬਰ ਹਾਜ਼ਰ ਸਨ।

વિપરીત પરિસ્થિતિ વચ્ચે પણ સમાજસેવાની લગની

• **સિટી રિપોર્ટર**. અમદાવાદ

દેશભરમાં એવાં ઘણા લોકો છે જેઓ સમાજ માટે શ્રેષ્ઠ કામગીરી કરી રહ્યાં છે. તેઓના જુસ્સાને લઈને તેનો વિરોધ કરનારાઓ પણ તેની મદદે આવી ગયા છે. આવામાં અનસંગ હીરોઝને તમારા મનપસંદ રેડિયો સ્ટેશન માયએફએમ 94.3 'જિયો દિલ સે' એવોર્ડથી સન્માનિત કરવા જઈ રહ્યું છે. આવો મળીએ આવા જ સમાજસેવી જિંદાદિલ અમદાવાદને ભૂપેન્દ્રસિંહ કોહલીને...

અમદાવાદના 53 વર્ષના ભૂપેન્દ્રસિંહ કોહલી કોઈપણ વ્યક્તિને સારવારની અભાવને કારણે મરતાં જોઈ શકતાં નથી. આ માટે ભલે તેને તે માટે પોતાના પૈસા કેમ ન ખર્ચ કરવા પડે. ઘટના લગભગ 30 વર્ષ પહેલાંની છે. જ્યારે ભૂપેન્દ્રસિંહ કોઈ દર્દીની તબિયતના હાલ પૂછવા માટે મુંબઈની એક હોસ્પિટલમાં ગયા હતાં. હોસ્પિટલના ગેટ પર ગંભીર રૂપથી ઘાયલ થયેલો એક યુવાન રડી રહ્યો હતો. તેના ઈજાગ્રસ્ત ભાગોમાંથી લોહી વહી રહ્યું હતું. પરંતુ કોઈને તેની દરકાર ન હતી. ભૂપેન્દ્રથી આ છોકરાનું દુઃખ ન જોઈ શકાયું. તેણે તેને માત્ર હોસ્પિટલમાં જ દાખલ ન કર્યો પરંતુ જ્યાં સુધી તે ઠીક ન થયો ત્યાં સુધી રોજ તેને મળતાં પણ રહ્યાં. ત્યારબાદ ભૂપેન્દ્રે આવા લોકોની મદદ કરવાનું નક્કી કરી લીધું કે જેઓ પૈસાને અભાવે સારવાર ન લઈ શકતાં હોય. વ્યવસાયે બેંકર ભૂપેન્દ્ર ગરીબ દર્દીઓને આર્થિક મદદ તો

ભૂપેન્દ્રસિંહ કોહલી

કરે જ છે આ સિવાય લોકોને ઉપયોગમાં ન આવેલી દવાઓ, વ્હીલચેર, વોકર, કપડાં, રમકડાં અને પુસ્તકોને પણ જરૂરિયાતમંદ સુધી પહોંચાડે છે. ભૂપેન્દ્રએ બ્લડગ્રૂપ ડિરેક્ટરી પણ બનાવી રાખી છે. જેમાં જ્યાંથી બ્લડ મળી શકે તેવી જગ્યાઓના ફોન નંબર પણ છે. આ ઉપરાંત શહેરમાં એમ્બુલન્સ ક્યાં-ક્યાંથી મળે છે તેની નાની ડાયરી પણ ભૂપેન્દ્રસિંહ લોકોને વહેંચે છે. તેમણે ઘણા મેડિકલ કેમ્પના પણ આયોજન કર્યાં છે. ત્યાં લોકોને મફત ચેકઅપ કરવામાં આવે છે. અત્યાર સુધીમાં તેમણે હજારો લોકોની મેડિકલ હેલ્પ કરી છે. જોકે, બેન્કમાં હોવાને કારણે તેમને સમય ઘણો ઓછો મળે છે પરંતુ જેટલો પણ તેને સમય મળે છે તે પોતાના પિતા અને દર્દીઓની સેવામાં વિતાવે છે. ભૂપેન્દ્રસિંહના પિતાની ઉંમર 82 વર્ષ છે અને તે પર્કીસનન રોગથી પીડાય છે. તેઓ તેમની પણ સારી રીતે સંભાળ લે છે. આમ આટલી-આટલી વિપરીત પરિસ્થિતી વચ્ચે સમાજસેવા કરીને તેઓએ દિલ જીતી લીધું છે.

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ବ୍ୟାଙ୍କର୍‌ଙ୍କ ସମାଜସେବା

ଆହତଙ୍କ ପାଇଁ ଆମ୍ବୁଲାନ୍ସ, ରୋଗୀଙ୍କ ପାଇଁ ଔଷଧ

ପିଲାମାନଙ୍କ ସହ ବୁଧିନ୍ଦର୍

୨୦୦୦ ମସିହାରେ ବୁଧିନ୍ଦର୍ ପ୍ରଥମେ ବ୍ୟାଙ୍କର ମୁଖ୍ୟ ଆମ୍ବୁଲାନ୍ସ ସେବା ଆରମ୍ଭ କରିଥିଲେ। ରାଜଧାନୀ ଅଞ୍ଚଳରେ ବଢୁଥିବା ରୋଗ ବୃଦ୍ଧିଚକାୟ ରୋଗ ଓ ବଢୁଥିବା ଦୁର୍ଘଟଣାରେ ଆହତଙ୍କୁ ସମୟରେ ଡାକ୍ତରଖାନାକୁ ପହଁଚିବା ଦରକାର ବୋଲି ସେ ଅନୁଭବ କରିଥିଲେ। ଏହାପରେ ସେ ଏହି ସେବାକୁ ଆହୁରି ବିସ୍ତାର କରିଛନ୍ତି। ଏବେ ବୁଧିନ୍ଦର୍‌ଙ୍କ ପାଖରେ ୩୫ଟି ଆମ୍ବୁଲାନ୍ସ ରହିଛି। ଏଥିରେ ଅତ୍ୟାଧୁନିକ ଜୀବନ ରକ୍ଷାକାରୀ ଉପକରଣ ରହିଛି। ଏଥିପାଇଁ ସେ ଜଣେ ଡାକ୍ତରଙ୍କୁ ମଧ୍ୟ ନିଯୁକ୍ତି ଦେଇଛନ୍ତି। ଏହି ସେବା ପାଇଁ ସେ ଜଣେ ଆମ୍ବୁଲାନ୍ସ ଚାଳକଙ୍କୁ ୫୦୦୦ ଟଙ୍କା ଦରମା ଦେଉଛନ୍ତି। ଏଥିରେ ଜଣେ ଆହତଙ୍କୁ ଡାକ୍ତରଖାନାକୁ ନେବା ପାଇଁ ୫୦୦ ଟଙ୍କା ଲାଗୁଥିବା ବେଳେ ଗରିବ ରୋଗୀମାନଙ୍କୁ ମାଗଣାରେ ବୁଧିନ୍ଦର୍ ଡାକ୍ତର ଜଣାଥିବା ଜଣେ ସହିଦ ଅମାନାଙ୍କଠାରୁ ନିଜ ପରୀକ୍ଷା ଜିତିଛି ଜାଣି। ତଙ୍କ ଚିକିତ୍ସାରେ ଥାଇଥିବା ଜଣେ ଗରିବ ରୋଗୀଙ୍କୁ ଔଷଧ ମଗ୍ନଣ ଦେଇ ସେ ଗରିବ ରୋଗୀମାନଙ୍କୁ ସେବା କରିଥାନ୍ତି। ସାମାଜିକ ସାହଚର୍ଯ୍ୟରେ ସୁସ୍ଥତା ସଚେତନତା ପାଇଁ ଶିବିର ମାନ ଆୟୋଜନ କରିଥାନ୍ତି। ଏଥଇଡ଼ା ଗରିବ ରୋଗୀମାନଙ୍କ ପାଇଁ ଖାଇବା ଠାରୁ ଆରମ୍ଭ କରି ସେବେପାଇଁ, ଅନ୍ତ୍ୟେଷ୍ଟି କ୍ରିୟାର ଯୋଗାଡ଼ କରିବାରେ ଡାକ୍ତର ଚିନ୍ତନି ଜେମିତି ଜଡିଯାଏ ତଥା ସେ ଜାଣିଥାଉଛି କାହିଁ। ଅଜାଣ ପିଲାମାନଙ୍କ ପାଇଁ ମଧ୍ୟ ସେ ଏକ ଆଶ୍ରମ ପ୍ରତିଷ୍ଠା କରିଛନ୍ତି।

ମଧ୍ୟମାରେ ବୁଧିନ୍ଦର୍ ଡାକ୍ତର ଜଣାଥିବା ଜଣେ ସାଙ୍ଗ ଉପରେ ବୁଧିନ୍ଦର୍‌ଙ୍କ ନମ ସହିତ ଡାକ୍ତର ମୋବାଇଲ୍ ନମ୍ବର ମଧ୍ୟ ଲେଖାଯାଇଛି (ବୁଧିନ୍ଦର ସିଂହ ଜୋହଲି, ମୋବାଇଲ୍ ନଂ- ୯୮୨୧୪୨୧୦୫୮) ଯାହାଦ୍ୱାରା ଯି କୁପିଡକାଙ୍କର ଜୋହମାନଙ୍କ ତାଙ୍କ ସହ ଯୋଗାଯୋଗ କରିପାରିବେ। ଆହତମାନଙ୍କୁ ବିନିମୂଲ୍ୟ ଯୋଗାଇବା ପାଇଁ ବୁଧିନ୍ଦର୍ ରାଜ୍ୟର ବଡ଼ ଡାକ୍ତରଖାନା ମାନଙ୍କୁ ସାଙ୍ଗରେ ରାଖିଛନ୍ତି। ଏପର୍ଯ୍ୟନ୍ତ ସେ ପ୍ରାୟ ୧୫୦୦ ଜଣ ରୋଗୀଙ୍କୁ ମୃତ୍ୟୁ ମୁଖରୁ ରକ୍ଷା କରିଛନ୍ତି।

કાલે 'જીઓ દિલસે એવોર્ડ' એનાયત કરાશે

ભાસ્કર ન્યૂઝ નેટવર્ક.જયપુર

રાજ્યના એવોર્ડ વિજેતા

ચતુરભાઈ ચૌહાણ

ડો. ગીવા શાહ

હેમંતભાઈ પટેલ

કમલેશ મસાલાવાળા

રશ્મી કપૂર

ભૂપેન્દ્રસિંહ કોહલી

રાજ્યભરના એવા સેવાભાવી લોકોનું 24મીએ સન્માન કરાશે કે જેમણે પોતાના હૃદયના અવાજને સાંભળીને નિઃસ્વાર્થ ભાવે સમાજસેવામાં જિંદગી વીતાવી દીધી. કાર્યક્રમમાં નવ શ્રેણીઓમાં 18 લોકોને એવોર્ડ એનાયત કરાશે. રાજસ્થાનના મુખ્યમંત્રી અશોક ગેહલોત એક કાર્યક્રમમાં 94.3 માય એફએમના 'જીઓ દિલસે એવોર્ડ' વિજેતાઓને સન્માનિત કરશે.

ગુજરાતમાંથી છ વ્યક્તિની પસંદગી કરાઈ છેઃ

■ **ભુપેન્દ્રસિંહ કોહલી (અમદાવાદ)**- અમદાવાદના 53 વર્ષીય ભુપેન્દ્રસિંહ કોહલી કોઈપણ વ્યક્તિને તબીબી સુવિધાના અભાવે મૃત્યુના ખપ્પરમાં હોમાઈ જતાં જોઈ શકતા નથી. આ માટે તેઓ પોતાના ગજવામાંથી ખર્ચવાનું પણ ચુકતા નથી. વ્યવસાયે બેન્કર કોહલી અનેક મેડિકલ કેમ્પ કરી ચુક્યા છે.

■ **ચતુરભાઈ ચૌહાણ (અમદાવાદ)**- 67 વર્ષીય ચતુરભાઈ ઢોંગી, પાખંડીઓને ખુલ્લા પાડે છે. તેઓ છેલ્લા 45 વર્ષથી લોકોની આ બદીથી દૂર રહેવાનું જણાવે છે. અંધશ્રદ્ધા હટાવવા તેઓ ગુજરાત સહિત દેશભરમાં અનેક કેમ્પ કરી ચુક્યા છે.

... અનુસંધાન પાના નં. 17

દૈ. **संध्यानंद**, मुंबई • शुक्रवार २० मार्च २००९

नवी मुंबईतील चालती-बोलती 'हेल्पलाईन' !

फ्री ॲम्ब्युलन्स सर्व्हिस आणि इतर वैद्यकीय मदतींसाठी भूपिंदर सिंग कोहलींचा पुढाकार

भूपिंदर सिंग कोहली हे स्टेट बँकेचे सर्वसाधारण कर्मचारी आहेत. मात्र ही ४९ वर्षांची व्यक्ती सर्वसामान्य वाटी, तर असामान्य आहे.

भूपिंदर सिंग कोहलींचं नाव नवी मुंबईत अनेकांना ठाऊक आहे आणि त्यांचा मोबाईल नंबरही अनेकांना पाठ झालाय; याचं कारण भूपिंदर सिंग कोहली हे नवी मुंबईची 'हेल्पलाईन' आहेत. गरजूंसाठी ते फ्री ॲम्ब्युलन्स सर्व्हिस चालवतात. वृद्धांच्यासाठी मोफत औषध पुरवठा करतात, दुर्गम भागात वैद्यकीय शिबिराचं आयोजन करतात, रोडवरच्या गरजू रुग्णांसाठी बेडशीट्स, चादरी, सलाईन स्टँड, ऑक्सिजन सिलिंडर यांचा पुरवठा करतात. हे सगळं करताना त्यांनी बँकच्या नोकरीवर जराही परिणाम होऊ दिला नाही, हे विशेष.

२००० मध्ये भूपिंदर सिंग यांना उरण फाट्याजवळ एक व्यक्ती जखमी अवस्थेत पडलेली दिसली. त्या व्यक्तीला वाहनाने ठोकरलं होतं. कोणीही मदतीला येत नव्हतं, अशा वेळी भूपिंदर सिंग यांनी स्वत:च्या गाडीतून तातडीने हॉस्पिटलमध्ये भरती केलं. त्यानंतर पुढची दोन वर्षे ते अपघातग्रस्तांना स्वत:च्या गाडीतून रक्तदात्यांना हॉस्पिटलमध्ये घेऊन जाऊ लागले. त्यासाठी गाडीत या उपक्रमाची माहिती देणारं बॅनर लावलेलं होतं. याच पुढे त्यांनी 'फ्री ॲम्ब्युलन्स सर्व्हिस' सुरू केली. प्रबळ इच्छेने समाजसेवा करणाऱ्या भूपिंदर सिंग कोहली यांनी रुग्णांच्या मदतीसाठी अनेक उपक्रम सुरू केले आहेत.

रुग्णांना दर्जेदार आणि उत्तम सेवा देण्यासाठी कोहली यांनी सात वेगवेगळे फर्स्ट एड कोर्स केले आहेत आणि पाच हजार रक्तदात्यांची यादीही बनवली आहे.

यासाठीच भूपिंदर सिंग कोहली हे हेल्पलाईन म्हणून ओळखले जातात आणि त्यांचा मोबाईल नंबर आहे – ९८२१४२१०५८ !

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Bhupinder Singh Kohli

A profile in social service
A saga of sacrifice

If a glorious track-record is anything to go by, Bhupinder Singh is more than a name – it is a byword for selfless service to the community. If recognition and rewards that have come his way would serve for testimony, he is already a legend. If it is an appellation that resonates in the prayers of countless tormented souls to whom he rushed succour, he would stand tall even among those whose espousal of the social cause marks them out as very distinguished.

As the adage goes, coming events cast their shadows before. The child born to pious Sikh parents, mother Joginder Kaur and father Jagjit Singh Kohli, on 15 May 1960, and fondly named Bhupinder, inherited love of humanity in his genes. His propensity for charity was all too apparent when, as a growing kid, he would collect usable household items, like old clothes, unexpired medicine, utensils, toys, children's books etc that could be dispensed with, and give them away to the needy.

While his parents nourished him with the milk of virtues and values, they also ensured that he imbibed the teachings of his sublime Sikh faith. As is well-known, 'seva' or service is a cardinal tenet of the faith, which Bhupinder Singh has made the lodestar of his life.

His odyssey into community work, flagged off early on, has continued to this day. It has cut a wide swathe, ranging over service to orphanages, old age homes, handicapped children, underprivileged and disadvantaged sections, not to speak of hospitals and charitable institutions. His services are availed of by NGOs across centres in the country. To illustrate:

- Human Care Foundation, Delhi
- Bhai Ghariyaji Mission Society, Amritsar
- All India Pingalwara Society, Amritsar
- Mahatma Gandhi Mission Hospital, Navi Mumbai
- Civil Defence Corps, Government of Maharashtra
- Radhika Old Age Home, Bhayandar, Thane
- Society for the Welfare of the Handicapped, Patiala
- Indian Red Cross Society
- Girija Welfare Association, Kharghar, Navi Mumbai
- Paramshantidham Vridhashram, Taloja

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Besides, he has undertaken scaled up tree plantation drive, having organized planting of 3491 saplings (708 in 2019, 437 in 2021, 563 in 2022, 807 in 2023 and 976 in 2024). Further, he motivated school children to take part in tree planting, and awarded 'Tree Certificates' to those who pledged to water the saplings and take care of the plants. His blood donation campaigns are all too well-known and, having compiled a directory of over 4800 donors across blood groups, he is a go-to person in times of medical exigencies. He has pressed into service his time, talent, skills and resources towards social and philanthropic causes. It would bear mention that he has been using his personal car as an ambulance to reach help and hope to the sick and the stranded.

It is unthinkable that so altruistic a soul like Bhupinder Singh, perennially in the mission mode, a man on the move, should hold himself aloof when disaster strikes anywhere. In fact, he is among the first and foremost volunteers to rush to the disaster site with aid and relief. His services during the Bhuj earthquake in 2001 were commended. Ditto for cyclone hitting coastal Tamilnadu in 2004, unprecedented deluge in suburban Mumbai in 2005, serial blasts in local trains in Mumbai in 2006, terror attack in Mumbai in 2008 (often recalled as 26/11), Uttarakhand flood in 2013, floods in Srinagar in 2014, etc.

Bhupinder Singh's social activities found wide media coverage both in India and abroad. This coverage took the shape of press reports, articles, TV interviews etc., vide details set out in (Annexure I & II).

It is but natural that Bhupinder Singh should be flooded with invitations to address audiences at schools, colleges, corporates, institutions – various fora in fact – to share his vast experience of social service in varied settings and situations. He was also invited to conduct workshops and participate in seminars. Invitations have flowed to him not just from geographies across India but also from centres abroad like United Kingdom, Dubai, Hong Kong and Indonesia (Annexure III).

He is an icon and role model for youth, and a beacon of inspiration for all age groups.

Amid his hectically busy schedule, he found time to pen articles, chiefly with a view to disseminating awareness about the need for participating in community service and humanitarian work. His writings have been published in Baru Sahib's Eternal Voice magazine, in the Sikh Review of Kolkata, in Aman Shanti, Lucknow, in Missionary Seda, Ropar, in the publications of Pingalwara, Amritsar, besides other newspapers and periodicals.

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He has authored two books, entitled 'The Everyday and Beyond' and 'First Aid for the Layman', which has merited the attention of the Drexel University College of Nursing and Health Professions, Philadelphia, USA. Besides, they have been commended by Shiromani Gurdwara Prabandhak Committee (SGPC), Amritsar as also Baba Banda Singh Bahadur Engineering College, Fatehgarh Sahib. (Annexure IV)

Bhupinder Singh's exemplary services have been recognized, and awards and accolades have been bestowed on him by national and international organizations, whereof a list is appended as (Annexure V). Needless to add, honour has been conferred where it is rightfully due and richly deserved.

As a means of livelihood, Bhupinder Singh took up a job with State Bank of India, an organization he served with distinction till his retirement. His humanitarian work whenever undertaken under the aegis of CSB (Community Services Banking), doubtless enhanced the Bank's image, besides earning him kudos. His contributions merited space in the Bank's inhouse publications, vide (Annexure VI). Even post-retirement, he often aligned his work with CSB, and took a pro-active role in promoting the Bank's cause.

The aforesaid summing up is just an attempt to offer glimpses into a life that is many-splendoured, multi-faceted, multi-dimensional, and dedicated to the service of humanity. It would need a bigger canvas, brighter colours and a broader brush to paint a fuller picture of Bhupinder Singh Kohli in that would reflect his personality in all its glory and radiance.

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PRESS COVERAGES **ANNEXURE - I**

EDITION	DATE	HEADING
Times of India (Navi Mumbai Plus)	05.08.2004	CARSTWA
DNA(Navi Mumbai)	17.06.2006	SBI Banker Keeps an Account of Donors
Mumbai Mirror	30.07.2006	The Good Samaritan (Mumbai Train Blast)
Times of India (Navi Mumbai Plus)	22.10.2006	Serving People from all Walks of Life
DNA (Navi Mumbai)		Banker with a Heart of Gold &Nerves of Steel
Times of India (Mumbai) (Bhubaneswar, Patna, Ranchi)	04.01.2009 05.01.2009	Driven by a Steely will to Reach out to those in distress
Sambad (Oriyan)	06.01.2009	------do------
Sandhyanand (Marathi)	20.03.2009	Navi Mumbai Mobile Helpline
Sunday Navbharat Times(Hindi)	26.04.2009	Maha Mumbai
Navbharat Thane		Jab Auron ke liye Dhadaktaa hai Dil
City Bhaskar(Gujarati, Ahmedabad)	12.02.2013	Vipreet Paristhiti Vachhe Pun Samaj Sewa ni Lagan
Divya Bhaskar (Ahmedabad)	23.02.2013	Jiyo Dil Se Award
Mumbai Singh Sabha Patrika	July2013	Relief in Uttarakhand Flood Relief
Loksatta (Marathi) Thane Edition	28.10.2014	Jammu Kashmir Flood Relief
Interview on Sikh Channel, London		https://www.youtube.com/watch?v=e46sb661OVE
concept of 'Sewa' by reaching out to the needy and disadvantaged. Listen to his views tonight @97.7fm (Australia)		http://www.sbs.com.au/yourlanguage/punjabi
DNA (Ahmedabad)	06.01.2015	Gujarat Sikhs lauded for their service & valour
Rajasthan Patrika (Gujarat)	07.01.2015	Sardar Bhupinder is honoured Bhai Ghanaiya Award
Ajit, Bhatinda	25.01.2018	Talk at Akal University
Free Press Journal (Indore)	12.03.2018	Selfless Service, the only way to finding true happiness
Nayee Duniya (Indore)	12.03.2018	Samaj sewa ke liye paise nahi, feeling hoti hai sabse jaroori
Patrika (Indore)	13.03.2018	Dimag ki jagah dil kholkar karey manavta k bare mein vichar
Akal Academy News Letter	Apr-May 2018	Value Based Education in various Akal Academies
HINDUSTAN (PURANPUR, UP)	03.11.2018	Niswarth sewaachey vyvharks samjha ya tareeqa
AMAR UJALA	03.11.2018	BACHEYON KO PADAAYA SAMAJSEWA KA PATH
AJIT (MANSA)	07.12.2018	MANAVTA DI SEWA DA SEMINAR AI KAURIWARA (PB)
PEHREDAR (KHAMANON)	12.12.2018	AKAL ACADEMY DA DAURA
PATRIKA (MUMBAI) IN HINDI	16.09.2019	I AM RETURNING TO THE SOCIETY WHAT I EARNED
DAINIK BHASKAR, FATTIABAD	7?,01,2020	COURAGE TO FACE ANY SITUATION AT AA SALEMKHERA
DAINIK BHASKAR (HINDI)	21.01.2020	AWARENESS ON HUMAN VALUES AT AKAL ACADEMY, RAJIA
AJIT (PUNJABI)	22.01.2020	ACCEPT CHALLENGES IN CRISIS SESSION AT AA ELLENABAD
AJIT (HINDI)	22.01.2020	TALK ON CHARITY & HUMANITY AT AKAL ACAD. ELLENABAD
BHATINDA BHASKAR (HINDI)	24.01.2020	FOLLOW THE PRINCIPLES OF GURU NANAK AT AKAL ACADEMY RORI
AZAD SOCH (PUNJABI)	24.01.2020	SHARING OF TRUE EXPERIENCES AT AKAL ACADEMY, RAJIA
AZAD SOCH, SUNAM	25.01.2020	INSPIRATIONAL TALK ON SOCIAL SERVICE AT AA BHUNSLA
AJIT (PUNJABI)	27.01.2020	SAVE SOCIETY WITH HUMANITY AT AA, PHAPRE BHAI KE
AJIT (PUNJABI)	28.01.2020	BELIEF IDEOLOGY OF GURU NANAK AT AA PHAPRE BHAI KE
DAINIK BHASKAR (HINDI)	29.01.2020	BETTER HUMAN BEING FOR BETTER CAREER AT AA RAJIA

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NIRPAKH KALAM	23.08.2020	INSANIYAT DI SACHI SUCHI MURAT – BHUPINDER SINGH KOHLI
THE TIMES OF PUNJAB	30.08.2020	INSANIYAT DI SACHI SUCHI MURAT – BHUPINDER SINGH KOHLI
GOLD STAR	02.10.2020	SIKH ROLE MODEL
FIROZPUR DI AWAAZ	02.10.2020	MASSIAH FOR NEEDY
THE TIMES OF PUNJAB	11.10.2020	SIKH ROLE MODEL
RAIGAD OBSERVER	FEB 2021	SBI CSR FUND ENSURES ACCESS TO POTABLE WATER TO TRIBAL
KRUSHIPTIAL RAIGAD	03.02.2021	BHOIRWADI WATER PROJECT BY SBI
NIRPHAKH KALAM / GOLD STAR	11.02.2021	WATER PROJECT AT VILLAGE IN MAHAHASHTRA
GOLD STAR / LOG BANI / FPUR DI AWAAZ	07.05.2021	400 YRS OF GTB CELEBRATED BY BKKMP
DAINIK JAGRAN, KHAMANON	16.12.2022	ACADEMY NE GURBANI SE JUDNEY KO PRERIT KIYA
PEHREDAR, KHAMANON	18.12.2022	ACADEMY KHAMANON DE ADHIYAPAK ATE BACHIAN NU GURBANI SE JUDNEY KO PRERIT KIYA
EDUCATION NEWS, PATRIKA	15.12.2022	ACADEMY ME MANV YA MULION KA SEMINAR KA AYOJAN
JAGBANI/ROJANA SPOKESMAN/UTTAM HINDU/DES SEWAK/CITY NEWS/ROJANA SACH/PUNJABI JAGRAN/PINJAB KESRI	18.12.2022	VISIT TO CIVIL DEFENCE CENTRE AT RAIGAD

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NEWS CHANNELS **ANNEXURE - II**

- **SIKH TV CHANNEL, LONDON:** https://www.youtube.com/watch?v=e46sb661OVE
- **SBI CITIZEN:** https://www.youtube.com/watch?v=xWCTi5dRjEU
- **Special Broadcasting Service, Melbourne, Australia-** radioInterview

  http://www.sbs.com.au/yourlanguage/punjabi/highlight/page/id/249206/t/Sewa-according-to-Bhupinder-Singh-Kohli/in/english
- **NAVI MUMBAI NEWS** dated 20th October,2006:

  http://www.youtube.com/watch?v=Fi8bbohoAjk&feature=youtu.be
- SBI BADLAAV: https://youtu.be/pfgRTId5seo
- SPECIAL INTERVIEW ON FATEH TV ON 30TH MAY, 2018: https://youtu.be/qcQhPh0xw6g

  INTERVIEW ON SPOKESMAN CHANNEL ON 5th April, 2019

  https://m.facebook.com/story.php?story_fbid=2988763054573501&id=100003195072886
- INTERVIEW ON THE HARPREET SHOW (CANADA) ON 1st JULY, 2020

  https://youtu.be/R_j1cosTiLI
- RADIO PUNJAB, VANCOUVER BY HARCHARAN DHALIWAL ON 25th AUGUST, 2020: https://youtu.be/gi64OwNxz8Y
- MURBAD WATER SUPPLETION PROJECT: https://youtu.be/hRZf2jnWRfg
- JUS TV 31ST MARCH, 2022: https://youtu.be/rR93zlC2Y4s
- SMC 28th September, 2022: https://youtu.be/Bv4DSKg8E_whttps://youtu.be/Bv4DSKg8E_w
- SANGAT TV 08th DECEMBER, 2022: https://youtu.be/2F294uuAPI8
- EKNOOR TV (08122023): https://youtu.be/ldvYUhpJtx0 and https://youtu.be/c5C356VaJvQ
- LNCONTROS : YouTube Channel from Brazil 7th May, 2023 telecast in English and Portuguese Language:

  https://youtu.be/xCHLXKWJ1-o and https://youtu.be/KzOVi_dTrZM
- VIL MEDIA 25th August, 2024: https://youtu.be/9u8iLa1H7KE?si=5ra7UJ8blEBXktSj

  https://www.facebook.com/share/v/tFpWh4yaPVYY2bRv/?mibextid=pFD.nk

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WORKSHOPS / SEMINARS ON ETHIC, SOCIAL AWARENESS, MORAL VALUES, CSR AND BEYOND EVERYDAY LIFE:
ANNEXURE-III

- **Rajiv Gandhi & CSM Hospital,** Thane on 22nd January, 2009 Role of Doctors in Disaster Management
- **Rotary Club of Mulund Hill View,** Mumbai on 25th May, 2008
- **Podar International College,** Santacruz, Mumbai on 19th September, 2013
- **State Bank Foundation Institute, Indore on 25th August, 2014**
- **Mata Gujari College of Professional Studies,** Indore on 25th September, 2014
- **Gursikh Vichar Manch, Agra** https://www.youtube.com/watch?v=5aOD6tyRvig
- Akal Academy, Baru Sahib (HP)
- Akal Nursing College, Baru Sahib (HP)
- Baba Banda Singh Bahadur Engineering College, Fatehgarh Sahib, PB on 11th April, 2014 & 16th August, 2016
- St. Philomena's High School, Bangalore on 16th May, 2014
- **Sarbat Da Bhalla (Welfare of Mankind), Dubai** on 29th November,2013
- **GurudwaraDashmeshDarbar, Rosebury, London**https://www.youtube.com/watch?v=Y9U82jxcBE8 on 27th Oct, 2012
- BhaiGurdas Academy, TaranTaran, Amritsar https://www.youtube.com/watch?v=dLVXLRNfKqU
- Gurudwara Guru GyanPrakash, Jawaddi, Ludhiana on 24th& 25th August, 2013
- Also, a recitalist of **STATE BANK OF INDIA CITIZEN** programme
- **State Bank Staff College, Hyderabad on 20th July, 2015** http://youtu.be/SQRCSoGQOA4
- **Gurudwara Singh Sabha, Buena Park, Inc., Los Angeles, California (USA)**
- **National Library, Kolkata** on 9th March, 2016
- Various Gurudwaras in Lucknow from 16th-18th July, 2016
- Shri Guru Nanak Girls' Degree College, Lucknow on 16th July, 2016
- **State Bank of India Learning Centre, Kanpur on 15th July, 2016**
- **State Bank of India, Administrative Office, Kanpur on 15th July, 2016**
- **State Bank of India Learning Centre,** Lucknow **on 18th July, 2016**
- **ATAM PARGAS at** Pingalwara, Manawala, Amritsar (Pb.) on 3& 4 September, 2016
- Akal Academy, Bilga, Teh.Phillaur, Dist. Jullundur (Pb.) on 5th September, 2016
- Rustomjee Academy for Global Careers, Dahanu on 15th October, 2016
- State Bank of India Learning Centre, Vadodara on 7th November, 2016
- Shi'in Dinyar Irani Learners Academy, Dahanu on 2nd December, 2016
- State Bank Learning Centre, Aurangabad on 2nd January, 2017
- State Bank Foundation Institute (Chetana), Indore on 16th January, 2017
- State Bank Learning Centre, Indore on 23rd March, 2017
- State Bank Learning Centre, Bengaluru on 4th September, 2017
- Rustomjee Academy for Global Careers, Dahanu on 16th September, 2017
- **INTERNATIONAL SIKH CONFERENCE, JAKARTA (INDONESIA) for REVIVAL OF SIKHI on 1st& 2nd December, 2017**

1-2014

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- **Central Government Pensioners Welfare Association, Ambarnath on 16th December, 2017**
- **Gurudwara Sri Guru Singh Sabha, Vashi, Navi Mumbai on 20th December, 2017**
- **GMSD, Ministry of Health & Family Welfare (Government of India), Mumbai on 10th January, 2018**
- **AKAL UNIVERSITY, TALWANDI & AKAL ACADEMIES (ReethKheri/BhaiDesa/Muktsar/Dhindsa/DhanalKalan) from 22 to 27 JAN, 2018**
- **SVKM's NMIMS SSP School of Pharmacy & Technology Management, Mumbai 1st March, 2018**
- **Soul Space Readers Club** (an Initiative of Tavleen Foundation, Indore) on 11th March, 2018
- Akal Academies (Bilga/Buxwala/Dhotian/Teja Singh Wala/ Dadehar Sahib/ BharyalLehri / Tibber) from 04.04.2018 to 07.04.2018
- **Holy Cross High School**, Juhu Tara, Santacruz (w), Mumbai on 23rd April, 2018
- **SAHIB SRI GURU GOBIND SINGH JI EDUCATIONAL TRUST, KOWLOON KONG ON 4TH AUGUST, 2018**
- **KHALSA DIWAN (SIKH TEMPLE), HONG KONG ON 5TH AUGUST, 2018**
- **STATE BANK OF INDIA, REGIONAL HEAD OFFICE – EAST ASIA, HONG KONG ON 6TH AUGUST, 2018**
- **AKAL ACADEMIES** (JagaramTirath, Killi Nihal Singh Wala, Mander, Uddat saidewala, Bhadaur, Mehal Kalan) from20-22 Sept, 2018
- **AKAL ACADEMIES** at Kajri & Gomti (UP)on 31st October & 1st November, 2018
- **AKAL ACADEMIES** (Dakra Sahib, Khamanon, Jandiali, Balbehra, Fatehgarh Chhanna, Benra, Kouriwara, Fatehgarh Ganduan, Chunni Kalan, Manoli Surat) from27.11.2018 to 01.12.2018
- **AKAL ACADEMY, TELIPURA (UP)** on 18.10.2019
- **AKAL ACADEMIES,** (Rasulpur Bait, Rampur Narotampur, Mander Dona, Kakra Kalan & Seona) from 13.11.2019 to 15.11.2019
- **AKAL ACADEMIES,** (Salemkhera, AjitsarRatia, Ellenabad, Rori, Bagha, Phapre Bhai Ke, Rajia, Bhunsla, Majri, Kamalpur from 20-25 Jan 2020
- **AKAL ACADEMIES** at Kajri, Gomti, Santgarh Bheera & Telipura (UP) from 3.10.2021 to 7.10.2021
- **STERLING INSTITUTE OF MANAGEMENT STUDIES**, NERUL 9TH MARCH, 2022
- **SIKH MISSIONARY COLLEGE (Regd.), LUDHIANA (WEBINAR)** 16th April, 2022
- **PROFESSIONAL DEVELOPMENT WORKSHOP, BARU SAHIB** 11th June, 2022
- **SOCIETY OF GURU NANAK STUDIES GURMAT CAMP, BARU SAHIB** 14TH JUNE, 2022
- **AKAL ACADEMIES IN PUNJAB AT MULIANWAL, MUKTSAR, DAMDAMA SAHIB, MADHOPUR, KHAMANON, CHUNI KALAN & MANOLI SURAT AND**

  IN RAJASTHAN AT SRI GANGANAGAR, KAMRANI & PADAMPUR FROM 8TH DECEMBER, 2022 TO 17TH DECEMBER 2022
- **AKAL ACADEMIES** AT RASULPUR BEIT, TIBBER & MULIANWAL 29TH SEPTEMBER, 2023
- **AKAL ACADEMY,** DHUDHIAL, PATIALA ON 10TH NOVEMBER, 2023
- **AKAL ACADEMY,** CHOGAWAN, AMRITSAR, 23RD DECEMBER, 2023
- **AKAL ACADEMY,** BASARKE, VACHOA, BHARYL LAHRI, SUJANPUR, SHERON BAGHA ON 26, 27 & 28TH SEPTEMBER, 2024

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ARTICLES AND PUBLICATIONS **ANNEXURE-IV**

NO.	ARTICLE HEAD	PUBLICATIONS	ISSUE PERIOD
1.	GURMAT VICH BAHUPAKHI SEWA DA SANKALP	GURU GYAN PRAKASH, JAWADDI	AUGUST 2013
2.	GURMAT VICH BAHUPAKHI SEWA DA SANKALP	GURMAT PRAKASH, SGPC AMRITSAR	OCTOBER 2013
3.	MULTIDIMENSIONAL SEWA	ETERNAL VOICE, AKAL ACADEMY, BARU SAHIB	NOVEMBER 2013
4.	SEWA TA EH HAI	MISSIONARY SEDAN, S.J.S. GMC, ROPAR	FEB-APRIL 2014
5.	GURMAT VICH BAHUPAKHI SEWA DA SANKALP	PINGALWARA, AMRITSAR	SEPTEMBER 2014
6.	A CHANGE WITHIN WILL CHANGE SOCIETY	ETERNAL VOICE, AKAL ACADEMY, BARU SAHIB	OCTOBER 2015
7.	MAN DE ANDAR DI TABDEELI HI SAMAJ SAMAZ VICH TABDEELI LIYAVEGI	MISSIONARY SEDAN, S.J.S. GMC, ROPAR	JANUARY 2016
8.	SRI GURU GOBIND SINGH SAHIB JEE, THE INCOMPARABLE	MISSIONARY SEDAN, S.J.S. GMC, ROPAR	JANUARY 2017
9.	THE EVERYDAY AND BEYOND	BARU SAHIB & TAVLEEN FOUNDATION, INDORE	MAR 2017
10.	A CHANGE IN SOCIETY (PUNJABI/HIND./ENGLISH)	PINGALWARA, AMRITSAR	MAY 2016
11.	A CHANGE IN SOCIETY (PUNJAB)	PUNJABI SUMAN, LUCKNOW	AUGUST 2016
12.	A CHANGE IN SOCIETY (PUNJABI)	GURMAT PRAKASH, SGPC AMRITSAR	OCTOBER 2016
13	LET US SOW THE SEEDS OF LOVE TO HARVEST PEACE (HINDI)	PUNJABI SUMAN, LUCKNOW	OCTOBER 2016
14.	PROBLEMS REMIND US TO WAKE UP AND GET GOING	ETERNAL VOICE, AKAL ACADEMY, BARU SAHIB	OCTOBER 2017
15.	GURU'S RESPECT FOR KHALSA	ETERNAL VOICE, AKAL ACADEMY, BARU SAHIB	JANUARY 2018
16.	SINGH SABHA PATRIKA, MUMBAI	LIVING IN THE LEGACY	APRIL 2018
17.	THE PURSUIT OF HAPPINESS OR THE QUEST FOR WEALTH	ETERNAL VOICE, AKAL ACADEMY, BARU SAHIB	APRIL 2018
18.	FIRST-AID FOR LAYMAN BOOK RELEASED AT AKAL UNIVERSITY, GURU KI KASHI, TALWANDI SABO (Pb.)	THE KALGIDHAR TRUST, BARU SAHIB	20 SEPT, 2018
19.	BHAI GHANAIYA JI : AN EPITOME OF SEWA	THE SIKH REVIEW	OCTOBER, 2018
20.	RESURRECTION OF HUMANITY IS THE NEED OF THE HOUR	ETERNAL VOICE, AKAL ACADEMY, BARU SAHIB	OCTOBER, 2018
21.	HAPPINESS	ETERNAL VOICE, AKAL ACADEMY, BARU SAHIB	JANUARY, 2019
22.	THE CONCEPT OF SEWA IN GURMAT	THE SIKH REVIEW	MARCH, 2019
23.	FIRST AID FOR LAYMAN – A DEDICATION TO BHAI GHANAIYA	ETERNAL VOICE, AKAL ACADEMY, BARU SAHIB	APRIL, 2019
24.	GURU NANAK – HIS IMPORTANT CONTRIBUTIONS	THE SIKH REVIEW	JUNE, 2020
25.	GURMAT VICH BAHUPAKHI SEWA DA SANKALP	SIKH PHULWARI	DEC, 2020
26.	SRI GURU TEGH BAHADUR SAHIB JI	SIKH PHULWARI	JULY, 2021

2 books have been compiled & published (1) THE **EVERYDAY & BEYOND** and (2) **FIRST-AID FOR LAYMAN** which are recognized and appreciated by:

- **Drexel University, College of Nursing and Health Professions, Philadelphia, PA.**
- **Baba Banda Singh Bahadur Engineering College, Fatehgarh Sahib (Pb.)**
- **SGPC, Amritsar (Apex body of Sikh Community)**
- **Global Sikh Vision, London**
- **M.P. Police Public Higher Secondary School, Indore**

and many other Dignitaries & Bureaucrats

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AWARDS & ACCOLADES **ANNEXURE-V**

- **HUMANITY AWARD, SRI GURU SINGH SABHA, MUMBAI** on 27th November, 2023
- Guest for **SIKH AWARDS** ceremony in **DUBAI** on 21st February, **2020** held at **JW Marriott Marquis Hotel, Dubai**
- **PRIDE OF INDIA AWARD 2019** on 29th September, 2019 at Indore
- **SIKH HUMANITARIAN AWARDS 2018** by **Social & Environmental Welfare Association** (SEWA), **DUBAI** on 24th August, 2018
- **RECOGNITION AWARD, KHALSA DIWAN, HONG KONG** on 5th August, 2018
- Enlisted as **500 Sikh Role Models Globally** from different walks of life book released by Kes Sambhal Parchar Sansthe, New Delhi on 12th March, 2017
- **VIRASAT 2015** by Bhai Gurdas Academy, Tarar Taran on 6th December, 2015
- **HUMANITY AWARD, GURSIKH VICHAR, AGRA** on 17th August, 2014
- **BHAI GHANAIYA AWARD 2014** at Amritsar on 29th December, 2014 by 5 Head Priests
  http://www.youtube.com/watchhttps://www.youtube.com/watch?v=QiygQX5jGZA
- **BHAI GHANIYAJI SEWA AWARD 2013** at Amritsar on 31st March, 2013
  http://www.youtube.com/watch?v=03K2FBvCH3Q
- **KARMAVEER PURASKAR-2012** by **ICONGO** at New Delhi on 26th November, 2012
- Nominated for **THE SIKH AWARDS-2012** in **LONDON** on 21st October, 2012
  http://www.youtube.com/watch?v=xVSWB8BRqO8
- **PARAMANAND AWARD-2011**, by Film Awardee Shri Paresh Rawal on 31st March, 2012
  http://www.youtube.com/watch?v=f0oOYdHu960
- **SAMAJ SHAKTI AWARD-2010** by **Harriharputra Bhajan Samaj** on 22nd May,2010 in Mumbai
  http://www.youtube.com/watch?v=xiZin_g-1eA
- **ROTARY CLUB OF MILLENIUM CITY** for O/s. Support to society and Mankind-2009-10
- **RYAN INTERNATIONAL SCHOOL**, Nerul, Navi Mumbai on 26th January, 2009
  http://www.youtube.com/watch?v=tj6wlfr43R4
- **RAJIV GANDHI MEDICAL COLLEGE & CHHATRAPATI SHIVAJI MAHARAJ HOSPITAL**, Kalwa on 22nd Jan, 2009
  http://video.google.com/videoplay?docid=5984707126322090430&hl=en
- **ROTARY CLUB** of Mulund as a Speaker on 25th May, 2008
- **MES SCHOOL, KALAMBOLI**, Navi Mumbai on 26th January, 2007
- **LIONS CLUB FOR OUTSTANDING HUMANITARIAN SERVICES** for Local Train Bomb Blast Victims on 08.10.2006
- **HONOURED BY SHRI ASHOK KINI, MANAGING DIRECTOR, STATE BANK OF INDIA**

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OFFICIAL MAGAZINE **ANNEXURE- VI**

❖	Innovative Banking News Bulletin	July– September1986
❖	------do--------	April– June1987
❖	Community Services Banking News Bulletin	July–September1988
❖	Colleague	September2004
❖	Elephanta	January– March2005
❖	Vaishvik	September2009
❖	Colleague	October 2013
❖	Colleague	December 2014

SBI COVERAGES

SBI STAFF COLLEGE, HYDERABAD	https://youtu.be/SQRC5oGQOA4
SBI CITIZEN	https://youtu.be/xWCTi5dRJEU
SBI BADLAAV	https://youtu.be/pfgRTId5seo

2014

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INDIA'S FIRST IN-TRAIN TRAVEL AND LIFESTYLE MAGAZINE

YOUR PLATFORM

TRAVEL • LEISURE • LIFESTYLE

Mumbai | March 2026 | Vol 1 | Issue 5

IT'S A DELIGHT TO READ A MAGAZINE. KEEP IT INTACT SO OTHERS CAN FEEL THE DELIGHT TOO.

A LIFETIME OF SERVICE

The life and work of Bhupinder Singh Kohli across service, relief, and community care

In a city accustomed to urgency and collective effort, Bhupinder Singh Kohli's work feels both familiar and grounded. His life reflects a steady rhythm of service shaped by action rather than attention, reaching people where help matters most.

For decades, Bhupinder Singh Kohli has worked across communities, responding to need with consistency and presence. His service spans orphanages, old-age homes, hospitals, charitable institutions, and initiatives that support the underprivileged and differently abled. NGOs across India have relied on his support, drawn by his ability to translate intent into impact.

His response during moments of national crisis stands out. From the Bhuj earthquake to the floods that affected parts of Mumbai, and from coastal disasters to large-scale emergencies across the country, he has often been among the early volunteers to arrive with aid, supplies, and reassurance.

Environmental responsibility forms another important pillar of his work. In recent years, Kohli has organised large-scale tree plantation drives, resulting in the planting of 3,491 saplings between 2019 and 2024. By involving schoolchildren and encouraging them to care for the plants, he turned plantation into participation — and awareness into ownership.

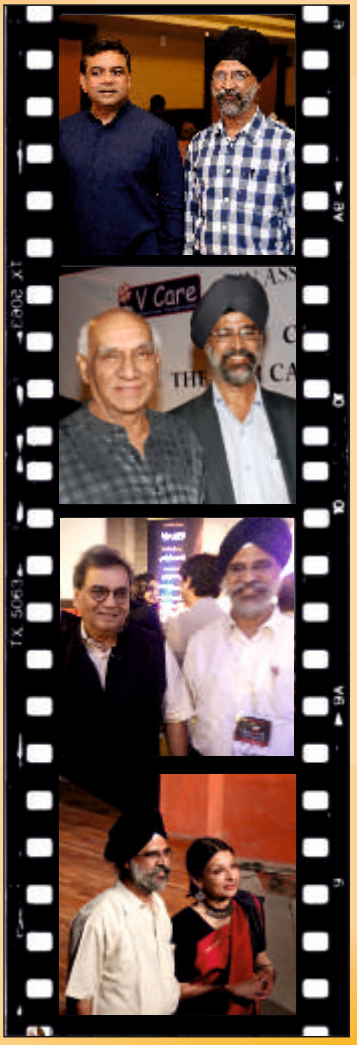
Bhupinder Singh Kohli is equally known for his blood donation initiatives. He has built a nationwide directory of more than 4,800 donors, enabling faster response during medical emergencies. On many occasions, his personal car has served as an emergency transport vehicle, carrying patients and supplies through crowded streets and critical hours.

His contribution also extends beyond fieldwork. He has addressed audiences across schools, colleges, corporate organisations, and institutions in India and abroad, sharing experiences that encourage greater participation in humanitarian efforts. His articles and books reinforce this message, presenting service not as an extraordinary act, but as a shared responsibility.

Even after retiring from the State Bank of India, Bhupinder Singh Kohli continues to support and lead community initiatives, strengthening social impact through sustained engagement.

In a world driven by speed and spectacle, his life offers something enduring — service that remains steady, action guided by empathy, and a reminder that meaningful change often arrives quietly, carried by those who show up again and again.

Trending & Exclusive Pictures With Celebrities



SWEET MEMORIES

Trending & Exclusive Pictures With Celebrities

SWEET MEMORIES

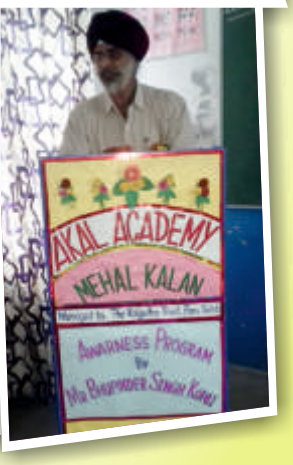
Trending & Exclusive Pictures With Celebrities

SWEET MEMORIES

Garnered Extensive Media Coverage
Both in India and Abroad, Encompassing Press Reports, Newspaper Articles, and Television Interviews.

"A purposeful life can be led only when you spread literacy. Education shows us the way to lead a proper life."

Bhupinde Kohli



Acknowledgment With Gratitude

BKK MEMORIAL FOUNDATION

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BKK MEMORIAL FOUNDATION

House No 176, Gate No.7, Hakikat Nagar
Near GTB Nagar Metro Station Gate No.2,
Kingsway Camp, Delhi-110009

compiled by :

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Web : http://www.sikhiwiki.org/index.php/Bhupinder_Singh_Kohli

https://www.facebook.com/bhupindersingh.kohli

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BEST NGO (DISABILITY) PUNJAB STATE AWARD-2014
BEST NGO (CHILD CARE) NATIONAL AWARD BY PRESIDENT OF INDIA-2015
BEST NGO (SPECIAL EDUCATION) NATIONAL AWARD BY PRESIDENT OF INDIA-2020

SOCIETY PROVIDING FREE RESIDENTIAL EDUCATION TO DEAF & BLIND SINCE 1967

MANAGING:
- PATIALA SCHOOL FOR THE DEAF (RESIDENTIAL) ESTD. : 1967
- PATIALA SCHOOL FOR THE BLIND (RESIDENTIAL) ESTD. : 1967
- PATIALA SCHOOL FOR THE DEAFBLIND (RESIDENTIAL) ESTD. : 2011
- PATIALA EARLY INTERVENTION CENTER FOR DEAF INFANTS ESTD. : 2020
- PATIALA VOCATIONAL TRAINING CENTER FOR SPECIAL CHILDREN ESTD. : 2022

School Location: Village Saifdipur,
Behind Punjabi University, Patiala-147002